WHOLE-FOOD, PLANT-BASED LIFESTYLE

FORKS OVER KNIVES

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White Bean and Veggie Pasta with French Herb Sauce

TASTY WAYS TO EAT YOUR VEGGIES

SATISFYING SKILLET SUPPERS

FAMILY-FRIENDLY SALADS

FRESH & EASY GRAIN BOWLS

HOW TO FUEL A HEALTHY GUT

SPRING 2023
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SPRING 2023

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EARTH DAY EATS

I love the sense of renewal that comes with the arrival of spring: new gardening projects, fresh excitement at the farmers market, sunny weekend brunches, and, of course, Earth Day.

If you're reading this magazine, you likely already know that moving away from animal-based foods is the single most impactful step you can take to reduce your environmental footprint. If you follow the whole-food, plant-based diet that Forks Over Knives champions, the news is even better: A large-scale British study published last August in *Proceedings of the National Academy of Sciences* found that highly processed foods, even if they're plant-based, tend to put more strain on the environment than whole or minimally processed foods.

In other words, what's good for you is also good for the planet. That's something to celebrate this April 22, so we created a delicious spring menu to honor Mother Nature. The artful Veggie Focaccia pictured here is just the beginning. Turn to "Earth Day Feast" on *page 32* to see all the colorful recipes. Make a feast for your favorite people, and let them taste for themselves.

Enjoy!

Elizabeth Turner
Editor in Chief

THE FORKS OVER KNIVES DIET EXPLAINED

Forks Over Knives advocates a whole-food, plant-based (WFPB) diet, which centers on whole, unrefined (or minimally refined) plant foods instead of animal products and highly processed foods.

WHAT TO EAT ON A WFPB DIET

LOAD UP ON THESE

Fruits (bananas, blueberries, oranges, strawberries)

Vegetables (broccoli, carrots, cauliflower, kale, lettuce)

Tubers and starchy vegetables (corn, green peas, potatoes, winter squash)

Whole grains (barley, brown rice, millet, oats, quinoa, wheat berries)

Legumes (black beans, chickpeas, lentils, pinto beans)

ENJOY IN MODERATION

Plant-based milks (almond, cashew, hemp, oat, rice, soy)

Tofu and tempeh

Whole grain flours and breads

Whole nuts and seeds, nut/seed butters (almond butter, pumpkin seeds, tahini, walnuts)

AVOID OR MINIMIZE

Bleached flours, white bread, and white pasta

Dairy products

Eggs

Meat, poultry, and seafood

Oils

Refined sweeteners

White rice

For a more detailed primer on the FOK diet, visit *forksoverknives.com/what-to-eat*

LASTING CHANGE:

5 KEYS TO SUCCESS

1 **PUT STARCHES AND FRUITS AT THE CENTER OF YOUR PLATE.** Enjoy nonstarchy and leafy veggies in generous amounts, but look to carbohydrate-rich whole grains, beans, fruits, and starchy vegetables to provide enough calories to power you through your day.

2 **YOU'LL LIKELY EAT MORE FOOD, NOT LESS.** Whole or minimally processed plant foods are dense in nutrients, not calories. As you adjust to this way of eating, you may find you feel a little hungry shortly after a meal, but over time you'll get a sense of how much to eat to stay satiated.

3 **FOCUS ON PLEASURE.** The best whole plant foods are the ones you enjoy enough to stay on a healthy path. So have veggie chili, whole grain pasta, tacos, mashed potatoes, or whatever else hits the spot.

4 **SAY NO TO OILS.** All vegetable oils are highly refined and dense with calories but stripped of almost all other nutrients, including fiber.

5 **NO FOOD MATH REQUIRED.** A healthy pattern of plant-based eating leads to good health (and a healthy weight) without counting calories or focusing on individual nutrients.

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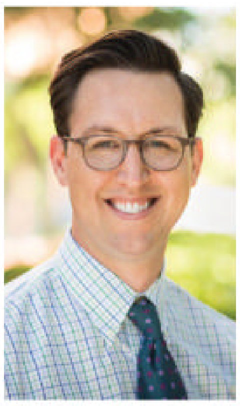


WILL BULSIEWICZ, MD, MSCI

Based in South Carolina, Bulsiewicz is a board-certified gastroenterologist, a trained epidemiologist, and an internationally recognized expert on gut health and digestive diseases. He is the author of the books *Fiber Fueled* and *The Fiber Fueled Cookbook* and more than 20 scientific papers. **"Ask the Experts,"** *page 16*

HANNAH CHE

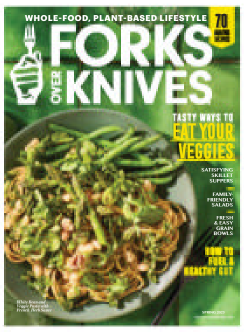
Che is a chef, writer, and photographer, and the author of the cookbook *The Vegan Chinese Kitchen*. Her food is informed by tradition and inspired by seasonal produce and her cross-cultural heritage. She is currently based in Portland, Oregon. **"Take a Bao,"** *page 64*

DAN MAREK

Marek is a chef and an instructor for Forks Over Knives online cooking courses *(rouxbe.com)*. He has more than 16 years of experience in the plant-based culinary space, from developing recipes to teaching at culinary schools. He has trained more than 36,000 professionals in serving whole foods in school cafeterias. **"Ask the Experts,"** *page 16*

RACHAEL J. BROWN

After being diagnosed with high cholesterol in her 20s, Brown discovered the whole-food, plant-based lifestyle and quickly reduced her cholesterol by 50 points. She is the author of the book *For Fork's Sake: A Quick Guide to Healing Yourself and the Planet Through a Plant-Based Diet.* **"For the Kids,"** *page 76*



COVER

photography
Adam Albright
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Charlie Worthington

We just took your mealtime to the next level.

Introducing

Frozen Bowls

by Forks Over Knives

FORKS OVER KNIVES
WHOLE FOOD PLANT BASED
TUSCAN GARDEN PENNE
INDIAN POTATO, CHICKPEA &
FIRE ROASTED ENCHILADA STACK
SESAME GINGER FANCY VEGGIES & RICE
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NET WT 14 OZ (397g)

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- ✓ No preservatives or artificial ingredients
- ✓ No processed meat or dairy substitutes
- ✓ Low in sodium
- ✓ Satisfying portion size
- ✓ Clean and pure ingredients

FORKS OVER KNIVES

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THE FEED

Fresh ideas, expert tips, news, and inspiration
for your whole-food, plant-based lifestyle.

THE ONLY NATURAL CLEANER RECIPE YOU NEED

Detox your spring cleaning routine with a DIY cleaner made from a powerhouse pantry staple: distilled white vinegar. Mixed with water and optional natural scent enhancers, this easy recipe *(below left)* is great at removing grime, grease, and odor around the kitchen. The vinegar base contains 5% acetic acid, a natural cleaner and mild disinfectant that kills common foodborne bacteria such as *E. coli*, *Salmonella*, and *Listeria*.

Apart from being environmentally friendly, inexpensive, and pleasant on the nose, a homemade vinegar cleaner doesn't require the same safety precautions as strong chemical-based cleaners that can irritate your skin, eyes, and airways. Just keep in mind that vinegar isn't enough to eliminate COVID-19 or other cold-causing viruses, so we recommend using a stronger commercial disinfectant for more serious sanitizing jobs.

USE VINEGAR CLEANER

- **Stainless-steel appliances.** Use a microfiber cloth to buff out stains, going with the grain in small circles.
- **Greasy stove tops.** Spritz liberally, let sit for 5 to 10 minutes, then gently wipe away.
- **Sinks and tile counters.** Sponges or soft bristle brushes are ideal for using with vinegar cleaner on these surfaces.
- **Cloudy glasses and dirty windows.** Spray glassware and windows, let sit for a few minutes, and then wipe to remove grime and hard water mineral deposits.
- **Trash cans.** Vinegar is great for wiping down and deodorizing stinky bins.

USE SOMETHING STRONGER (OR GENTLER)

- **Stone countertops and wood floors.** Vinegar can etch granite and marble, ruining its natural shine. It can also eat away at the enamel on hardwood paneling, causing it to dull or warp.
- **Metal and rubber appliances.** Acetic acid can corrode low-quality metal and rubber parts used in coffee makers or blenders.
- **Medical gear.** Despite the mild disinfectant properties of vinegar, rubbing alcohol works better for sanitizing thermometers or pulse oximeters.
- **Light switches and door handles.** Stop the spread of germs by using a stronger cleaner to wipe down these frequently touched surfaces.
- **Children's toys.** Hot soapy water or a mild bleach solution is better for disinfecting germ-gathering items.

—Megan Edwards

DIY ALL-PURPOSE VINEGAR CLEANER

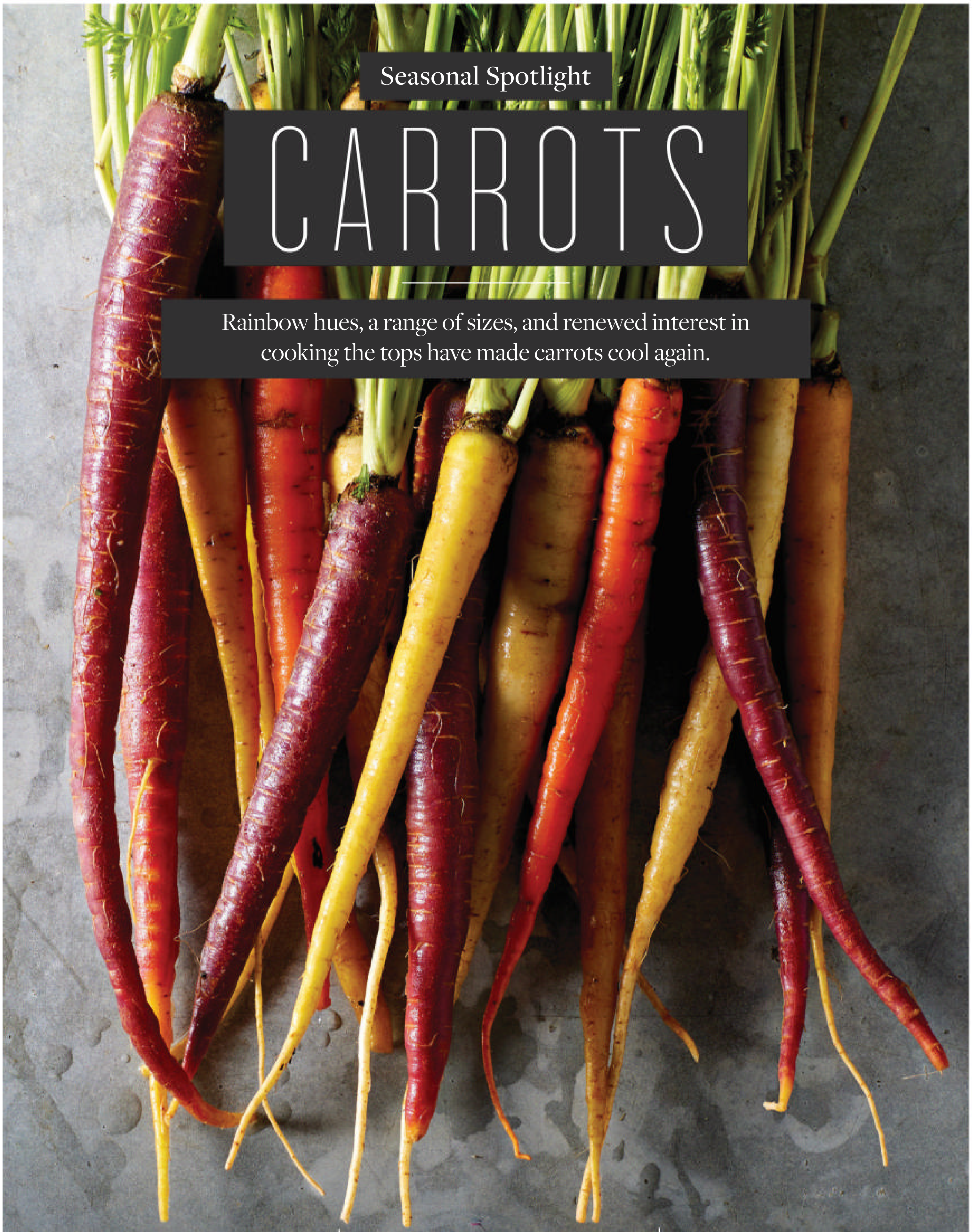
In a 16-oz. glass spray bottle combine:
8 oz. distilled white vinegar + 8 oz. water
Optional: Add a few long strips of lemon zest and/or a handful of fresh rosemary sprigs, or 5 to 10 drops lavender or lemongrass essential oil.

Getty Images (this page; opposite, bottom right)

Seasonal Spotlight

CARROTS

Rainbow hues, a range of sizes, and renewed interest in cooking the tops have made carrots cool again.



COLOR WOW Those bright carrots making a splash on spring produce displays aren't new varieties. The surprising shades date back over a thousand years to when carrots were first cultivated. It wasn't until the 17th century that hybridization led to the distinctive orange color that dominates the carrot market to this day. The color-saturated evolution also ensured we got carrots with more beta-carotene, the phytonutrient the body converts to vitamin A.

GOT CARROT TOPS? Don't discard, but do remove them as soon as possible. Carrot greens continue to draw moisture and nutrients from the carrots, which can make them go limp and dry out faster. Pluck the tender leaves from the carrot tops, then use them the way you would fresh parsley or basil in pestos, dressings, soups, and stews. You can also air-fry carrot tops for a crunchy garnish.

ROOT REVIVAL To restore the crunch of limp, bendy carrots, cut off the wide stem ends and soak them in cold water overnight.

HEY, BABY The term "baby carrot" can cause a lot of confusion, because people use it to describe a few different types of carrots.

- **True baby carrots** are pulled from the ground before they're fully mature. They are usually sold in bunches with greens attached and have their long taproots intact.
- **Baby-cut carrots** are full-size carrots that have been cut and whittled down to near-identical shape and size. You'll find them in bags in the produce section of supermarkets.
- **Nantes and Chantenay** are carrot varieties that stay small even when mature. They're sometimes marketed as French baby carrots.

—Mary Margaret Chappell

TASTING NOTES

ORANGE
SWEET + JUICY

PURPLE
EARTHY + PEPPERY

RED
DENSE + LESS SWEET

GOLD/WHITE
SUPER-SWEET + MILD

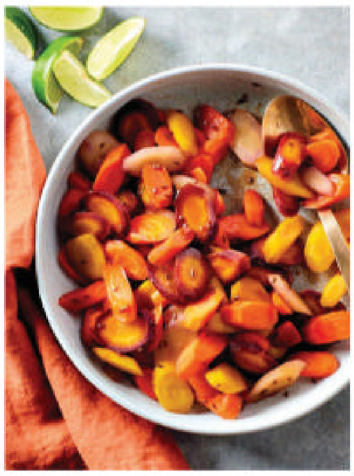
EASY BRAISED CARROTS

25 minutes | Makes 3½ cups

1 tsp. whole cumin, coriander, caraway, or fennel seeds
4 cups sliced carrots or halved baby carrots
2 cups low-sodium vegetable broth or water
1 tsp. pure maple syrup
2 Tbsp. lemon, lime, or orange juice (optional)

1. In a large skillet toast seeds over medium 1 minute or until fragrant, stirring frequently. Add carrots, broth, and maple syrup. Reduce heat to medium-low. Cover and simmer 10 minutes.

2. Uncover; increase heat to medium. Continue cooking until most of the liquid has evaporated and carrots are tender. Just before serving, drizzle carrots with citrus juice (if using).



MOVIE-NIGHT *Munchies*

Oil, salt, and sugar are often the stars of movie-night snack spreads. We asked whole-food, plant-based pros what they like to munch on instead.

By Courtney Davison

1

PICKLE POPCORN

"Our go-to savory snack is pickle popcorn. It sounds odd at first, but if you like pickles and you like popcorn, prepare to be amazed. Put some pickle juice in a spray bottle and lightly spray air-popped or microwaved oil-free popcorn, then dust it with nutritional yeast."
—Rachael Brown, author of For Fork's Sake: A Quick Guide to Healing Yourself and the Planet Through a Plant-Based Diet

2

APPLE PIE BITES

"These have been our favorite movie snack lately. Preheat the oven to 350°F. Dice 4 unpeeled apples, spread them on a baking sheet, and bake 15 minutes. Leave oven on. Place cooked apples in a large bowl, and gently mash to release a bit of liquid. Stir in 1 cup rolled oats; 1 cup unsweetened applesauce; 2 tsp. lemon juice; 2 tsp. cinnamon; ½ tsp. vanilla bean powder; and ¼ tsp. each ground nutmeg, ginger, and cardamom. Pour batter into a 12-cup silicone muffin pan. Bake 20 minutes. Let cool completely before removing from pan."
—Brittany Jaroudi, founder of thejaroudifamily.com

3

WHITE BEAN QUESO

"I love making a 'queso' to pair with salsa and baked chips. In a high-speed blender combine one 15-oz. can white beans (drained); 2 Tbsp. each tahini, nutritional yeast, and lemon juice; 1 Tbsp. miso paste; 1 tsp. each cumin, paprika, and garlic powder; a pinch of black pepper; and a little hot sauce, sliced jalapeño, or red pepper flakes, to taste. Blend until creamy. I use the 'soup' function with my Vitamix, which warms up the dip, but you can also heat it in the microwave."
—Cleodia Martinez, author of Ay Sus! Whole Food Plant-Based Global Filipino Cuisine

4

BANANA-TAHINI MINI TOASTS

"I like whole grain toast or whole grain crisp bread with slices of banana and a drizzle of tahini, cut into triangles to share."
—Sharon Palmer, MSFS, RDN, founder of The Plant-Powered Dietitian; sharonpalmer.com

5

CHOCOLATE-CHERRY NICE CREAM

"This is my latest obsession. Place a cup of frozen banana chunks, ½ cup almond milk, and 1 tsp. pure vanilla extract in a blender. Puree until smooth, adding more milk, if needed. Add 2 Tbsp. unsweetened cocoa powder. Puree again. Add ¼ cup frozen cherries. Pulse just to break up the cherries. Serve topped with more cherries."
—Katie Simmons, Chicago-based personal chef and founder of plants-rule.com

6

CLASSIC CRUDITÉS

"My favorite movie snack is a veggie platter with baby carrots, sliced yellow peppers, broccoli florets, and cherry tomatoes, with homemade hummus for dipping. Sometimes I have a few pita chips and Kalamata olives on the side."
—Judy Brangman, MD, DipABLM, CEO of Newell Health

7

FROZEN GRAPES

"I absolutely love grapes as a movie snack. They taste fantastic straight out of the refrigerator, but you can also freeze them to make them even more delicious!"
—Sheil Shukla, DO, internal medicine physician and author of Plant-Based India: Nourishing Recipes Rooted in Tradition

8

PEANUT BUTTER-STUFFED DATES

"Kids love getting messy making these treats. Using a teaspoon, fill 24 plump pitted dates with 1½ tsp. peanut butter each. Place the filled dates on a parchment-lined baking sheet, and freeze for 15 minutes. Enjoy right away, or store in an airtight container in the refrigerator."
—Del Sroufe, author of The China Study Family Cookbook *and* Forks Over Knives: The Cookbook

4
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4 NATURAL SOLUTIONS FOR SEASONAL ALLERGIES

With new research out of the University of Michigan showing that climate change is making allergy season start earlier and last longer, it's more important than ever to find ways to keep pollen from making you miserable. Eating whole-food, plant-based is a step in the right direction, since eliminating dairy can help relieve nasal congestion. Here are other expert-recommended fixes.

By Dana Hudepohl

CLOSE THE WINDOWS AND DOORS

It may be tempting to let in fresh air, but pesky pollen can hitch a ride on spring breezes and settle into furniture, carpet, and bedding. "The principal strategy of treating allergies is always avoidance, trying to limit what's triggering the symptoms," says Michael C. Hollie, MD, an allergy and asthma specialist in Chattanooga, Tennessee, and a board member of the T. Colin Campbell Center for Nutrition Studies. "If we can do that, then you don't have to [turn to] medications."

CLEAR THE AIR

For pollen that sneaks in anyway, try an air purifier with a HEPA filter, which can remove 99.97% of airborne particles. In a study in *Allergy & Asthma Proceedings*, researchers found that by using an air-filtration device in the bedroom, 77% of patients with ragweed allergies measured significant improvements in nasal symptoms, quality of life, and daytime sleepiness. Be sure to periodically change out the HEPA filter according to manufacturer guidelines.

SHOWER BEFORE BED

Any pollen lingering on your hair or clothes can spark symptoms. A quick fix is changing your clothes after spending time outdoors. But nonnegotiable is a nightly shower, with a thorough hair-washing, before climbing under the covers. "You don't want to carry that pollen to bed with you and for it to get into your bedding," says Hollie.

RINSE WITH NASAL WASH

A saline wash flushes pollen, mucus, and inflammatory mediators out of the nasal passages. "The majority of my patients get a lot of relief," says Hollie. In fact, an *American Journal of Rhinology & Allergy* review of 10 studies found a nearly 30% improvement in nasal symptoms and quality of life and a 62% reduction in medicine use with regular nasal washing. For convenience try a premade solution (like NeilMed Sinus Rinse Kit, $9, *walgreens.com;* Arm & Hammer Simply Saline Allergy and Sinus, 1.5 oz, $7, *amazon.com*), or make your own.

DIY NASAL WASH

Mix 3 teaspoons iodide-free salt with 1 teaspoon baking soda. Store in an airtight container. When ready to use it, dissolve 1 teaspoon of the mixture in 1 cup lukewarm boiled or distilled water. Administer using a clean nasal bulb, syringe, squeeze bottle, or neti pot. Repeat as needed up to three times a day.

Source: The American Academy of Allergy, Asthma & Immunology

Getty Images

PROCESSED FOODS AND COLON CANCER

Men who eat a large amount of ultra-processed foods are 29% more likely to develop colorectal cancer compared with those who don't, according to a 2022 study published in *The BMJ*.

Researchers analyzed data from three major surveys of health care professionals conducted between 1986 and 2015 that included 159,907 women and 46,341 men. They found that while processed foods appeared to spike cancer risk for men, the correlation didn't appear in women.

The study authors theorized that these gendered patterns might be related to obesity and sex hormones. "For men and postmenopausal women, estrogen is mainly produced in fat tissues. In women, a high estrogen-to-testosterone ratio may decrease the risk of colorectal cancer, whereas it may increase the risk of colorectal cancer in men," the authors wrote.

Beyond the poor nutritional makeup of ultra-processed foods, these products often contain additives—such as emulsifiers and artificial sweeteners—that can inflame the gut microbiome and lead to the growth of cancerous polyps in the colon.

—Megan Edwards

PLANT-BASED MEALS NOW THE DEFAULT AT NYC PUBLIC HOSPITALS

Hospital meals have long centered on meat, dairy, and highly processed foods—standard American diet fare that has been linked to obesity and a variety of chronic diseases, including Type 2 diabetes and heart disease.

In an effort to change that, last March all New York City public hospitals began serving plant-based meals as the default for inpatient lunches; in January 2023, they expanded the policy to include dinners. Administrators from NYC Health + Hospitals, America's largest municipal health care system, say the shift is motivated by a growing recognition of the importance of nutrition in preventing and reversing disease. "Nutritious, healthy food should be available wherever New Yorkers are, but especially in institutions that are meant to restore health," says Ashwin Vasan, ScM, MD, PhD, commissioner of the city's Department of Health and Mental Hygiene. While patients can opt for non-plant-based meals, NYC H+H reports that since rolling out the lunches last spring, a majority of patients have stuck with the plant-based default and have been satisfied with the meals.

All hospitals, public and private, in New York State are required by state law to make vegan options available at every meal. By making plant-based not just an option but the default for the roughly 3 million meals served for lunch and dinner annually at public hospitals, New York City hopes to model healthier eating habits that patients can take home with them. "It starts with us, and we must lead by example," says Vasan.

—Courtney Davison

DID YOU KNOW?

COLORECTAL CANCER IS THE THIRD-MOST DIAGNOSED CANCER WORLDWIDE, CLAIMING MORE THAN 900,000 LIVES EVERY YEAR.

Source: World Cancer Research Fund International

Ingredient IQ

FLAXSEEDS

Here's what you need to know about the omega-3-rich, versatile seeds.

by Mary Margaret Chappell

One of the eight "founder crops" first domesticated in Southwest Asia during the Neolithic period, flax has been cultivated for centuries for its oil and fibers, which were used to make linen cloth and rope. But it wasn't until the last half of the 20th century that interest surged in flaxseeds as a food.

NUTRIENT POWERHOUSE

Flaxseeds are the world's richest plant source of omega-3 fatty acids. They also boast the highest levels of lignans, phytoestrogens that have been linked to lowered risk of chronic disease. A good source of protein and soluble fiber, ground flaxseeds can help keep LDL (bad) cholesterol in check and improve digestive health.

A FINE GRIND

To reap the health benefits, be sure to grind flaxseeds before eating them. The ground form, aka flaxseed meal, is easier for the body to digest than whole seeds, and it's readily available in most supermarkets. Or you can grind your own: Simply blitz ¼ cup flaxseeds in a coffee or spice grinder until the seeds are reduced to a powder. Flaxseeds need to be ground in small quantities using a powerful grinder (not a food processor) to obtain a fine meal.

GOLDEN VS. BROWN

Flaxseeds can be dark brown or golden and have a distinctive glossy sheen. Both types have a mildly nutty taste, which becomes more pronounced after grinding. Opt for golden flaxseeds in recipes where color is important; brown flaxseeds will add dark flecks to pale batters.

STORAGE TIPS

Store flaxseed meal in an opaque airtight container in the pantry, fridge, or freezer. Refrigerating or freezing the meal will keep it fresher longer. Because of their high oil content, both whole seeds and flaxseed meal can turn rancid over time.

CULINARY CHAMELEON

Flaxseed meal is probably best known as an egg substitute, but it can be used for so much more! Here's just a sample of the ways ground flaxseeds can enhance your favorite recipes:

Smoother salad dressings: Use flaxseed meal to emulsify oil-free vinaigrettes.

Crunchier granolas: Add a tablespoon or two to a granola recipe for extra crunch.

Creamier cereals: Stir a tablespoon or two of flaxseed meal into hot breakfast cereal or overnight oats for extra richness.

Softer baked goods: A tablespoon or two of flaxseed meal stirred into bread doughs and batters keeps them extra moist and tender.

Tastier popcorn: Sprinkle air-popped popcorn with flaxseed meal as an alternative to melted butter.

EASY EGG REPLACER

Mixing up a "flax egg" is a classic hack for veganizing home-baked recipes. For each egg called for in a recipe, stir 3 Tbsp. water into 1 Tbsp. ground flaxseeds, and let stand for 5 minutes or until the mixture thickens into an egglike gel.

RUZIELLE GANUELAS

In her mid-30s, Ruzielle was saddled with aches, pains, fatigue, and debilitating menstrual symptoms.

For most of my life, headaches, joint pain, severe menstrual periods, lethargy, and depression were omnipresent. I drank coffee all day just to function. On my worst days, I took as many as four ibuprofen, which my doctor said would eventually lead to liver problems.

Three years ago, my husband and I went vegan after watching *The Game Changers.* Within days, my aches and pains subsided. My energy soared, to the point that I was able to quit coffee—something I never thought possible. And my periods were no longer painful. I felt like I was given a brand-new body in my mid-30s. With all my newfound energy, I joined a gym and fully embraced a healthy lifestyle.

Last year, I began relying on highly processed vegan foods. Soon the flood of energy I'd experienced since going vegan began to wane. I found myself reaching for more tea to stay energized. I started to skip the gym.

I decided to try going whole-food, plant-based for my health and energy. I threw away all the highly processed foods in my kitchen and loaded up on fruits, veggies, and whole grains.

The effects of going WFPB were immediate and astounding. On the second day, after a long workday, I found myself brimming with energy. I hadn't been on a bike in years, but suddenly I wanted nothing more than to bike for hours. So I went indoor cycling. I did the same thing the next day, and the next. By day 30 of eating WFPB, I'd logged 153 miles.

> "TODAY I'M NEARING 40 AND IN THE BEST SHAPE OF MY LIFE."

Today I'm nearing 40 and in the best shape of my life. I get up early to work out before I start my workday. After 8 miles on the bike, I do battle ropes, kettlebells, and TRX suspension, just to keep up with myself. My strength has increased significantly. On top of that, our weekly grocery bill went down by around $40.

Some of my favorite meals are mushroom tofu sisig, cauliflower wings, and Korean bulgogi tempeh tacos! I love to eat.

Food truly is medicine. I healed myself and turned back my biological clock with nothing but plants.

—Ruzielle Ganuelas

Photography by Amberlyn Elizabeth

My Success Story

RICK THOMPSON

BEFORE A WFPB LIFESTYLE ▼

Rick was at risk for developing Type 2 diabetes, and he had to wear a CPAP machine at night to treat sleep apnea.

Photography By Ashley McMillen

Prior to starting my plant-based diet journey, I didn't think that a meal was truly a meal unless it contained meat. It would not have been unheard of for me to sit down and eat a pound of bacon in one sitting. In July 2020, I found myself sitting at 265 pounds. My clothes did not fit. I had been diagnosed with prediabetes. I needed to wear a CPAP machine to treat my sleep apnea. My body hurt, and I was generally depressed about how far I had let myself go. As much as possible, I avoided catching a glimpse of myself in mirrors or being photographed. I knew I had to lose weight, and a lot of it, but the thought just overwhelmed me.

> "I CAN NOW SEE A FUTURE, WHERE BEFORE I REALLY DIDN'T."

One day while looking for something to watch on TV, I came across the *Forks Over Knives* film. I thought that I might as well try a plant-based diet, since nothing else had worked. I'm an all-or-nothing type of person, so I dove headfirst into the transition. I immediately stopped eating meat, seafood, dairy, oil, and highly processed foods.

Within a few weeks, I started experiencing pretty consistent weight loss. But what surprised me the most was how my body felt: I had lost weight in the past, but I always felt bad during the process. This was the first time that I actually felt better. Within the first week of transitioning I noticed that my knees no longer hurt when I climbed the stairs. The swelling in my ankles went away. I had a much greater range of motion in my shoulders. It was at this point that I realized this would be how I lived my life from now on.

When I first started eating this way, I set a goal of losing 100 pounds, but I didn't set any deadline for myself. I decided that, as long as I was making progress, it didn't really matter when I hit my target weight. Almost two years after I started eating a plant-based diet, I hit my goal the day before my son's wedding, when I weighed in at 165 pounds!

Eating a plant-based diet has most definitely changed my life. I can now see a future, where before I really didn't. I have developed a love of cooking and begun gardening and growing some of my own food, which is just wonderful. I no longer need to wear a CPAP machine at night, because I am no longer being treated for sleep apnea. I feel better about the imprint I am making on our planet by not eating animals. And I have much more energy now.

When I started eating this way, I began to walk and found real joy in my time on the various trails. I am now making plans to walk the 500-mile pilgrimage known as the Camino de Santiago in Spain. That has been on my bucket list for many years; there would have been no way I could have done this at my old weight.

When people see me now after having not seen me for a few years, they are amazed at the physical transformation. When I tell them how I did it I often hear things like, "Oh, I could never do that," or "I couldn't give up cheese." I tell them that I thought the same things, and that if I could do it, then I was positive they could as well. The thing that really helped me was to reframe how I look at things. Instead of dwelling on things that I had to give up, I concentrated on things that I was gaining: better health, delicious recipes, new clothes, and longevity. Transitioning to a plant-based diet has been one of the best gifts I could have ever given myself!

—Rick Thompson

WELL EQUIPPED

A few clutch kitchen gadgets have made it easy for me to stay on a healthy plant-based path. Here are the ones I use on a consistent basis.

AIR FRYER The air fryer is an invaluable tool for the oil-free cook. I love the Ninja Foodi Digital Air Fry Oven for its variety of functions. I use it in place of a regular oven whenever I'm cooking for one.

INSTANT POT Since I started my whole-food, plant-based journey, I don't think a week has gone by without me using my Instant Pot. I do a lot of batch-cooking—things like potatoes, steel-cut oats, rice—and the Instant Pot is great for that. I love being able to just dump everything in, set it, and let it do its thing.

HIGH-SPEED BLENDER From smoothies to sauces, my Instant Ace blender takes care of me. Could I get by with a regular blender? Probably, but after seeing how much more efficient a high-speed blender is at these tasks, I wouldn't want to go back.

NUTRIBULLET This single-serve blender is perfect when you just have a small amount of ingredients to blend and don't want to lug out your full-size blender. I use mine to make flours, salad dressings, date paste, and much more. Cleanup is so easy.

Q&A

Leading plant-based experts bring clarity to your health and nutrition questions.

Q | SHOULD I USE PRODUCE WASH TO CLEAN FRUITS AND VEGETABLES?

A | Special produce washes are no more effective than plain old tap water. Personally, I use water and light pressure from my hands (or, in the case of root vegetables, a brush) to remove any residue or germs. Some items, like raspberries, broccoli, and cauliflower, require a little extra rinsing because of all their nooks and crannies, so it's helpful to clean them in a strainer. And because leafy greens like kale tend to be gritty, I submerge them in a bowl or sink full of water, give them a gentle shake, and let them float to the surface. *—Chef Dan Marek, director of plant-based culinary and development for Rouxbe*

Q | I READ IN THE NEWS THAT COLONOSCOPIES ARE NOT AS LIFESAVING AS WE THOUGHT. IS THAT TRUE?

A | What you read was likely a misrepresentation of the findings of a study published in *The New England Journal of Medicine* in October 2022.

In four European countries that don't currently perform colonoscopy for cancer screening, researchers invited 28,220 people by mail to have a colonoscopy. Less than half of recipients accepted the offer. Among the 28,220 invited, there was an 18% lower risk of getting colorectal cancer and no significant reduction in the risk of cancer death, compared with the standard practice in these countries, which is not using colonoscopies for screening.

The key here is that 58% of these people didn't actually have a colonoscopy. Those who went through with a colonoscopy reduced their risk of being diagnosed with colorectal cancer by 31% and cut their risk of dying from cancer by 50%.

Colonoscopy saves lives, reducing our likelihood of developing or dying from the second-deadliest cancer. Decades of research—including this study—make that clear. I implore you to get checked when eligible. *—Will Bulsiewicz, MD, MSCI, gastroenterologist and author of* Fiber Fueled

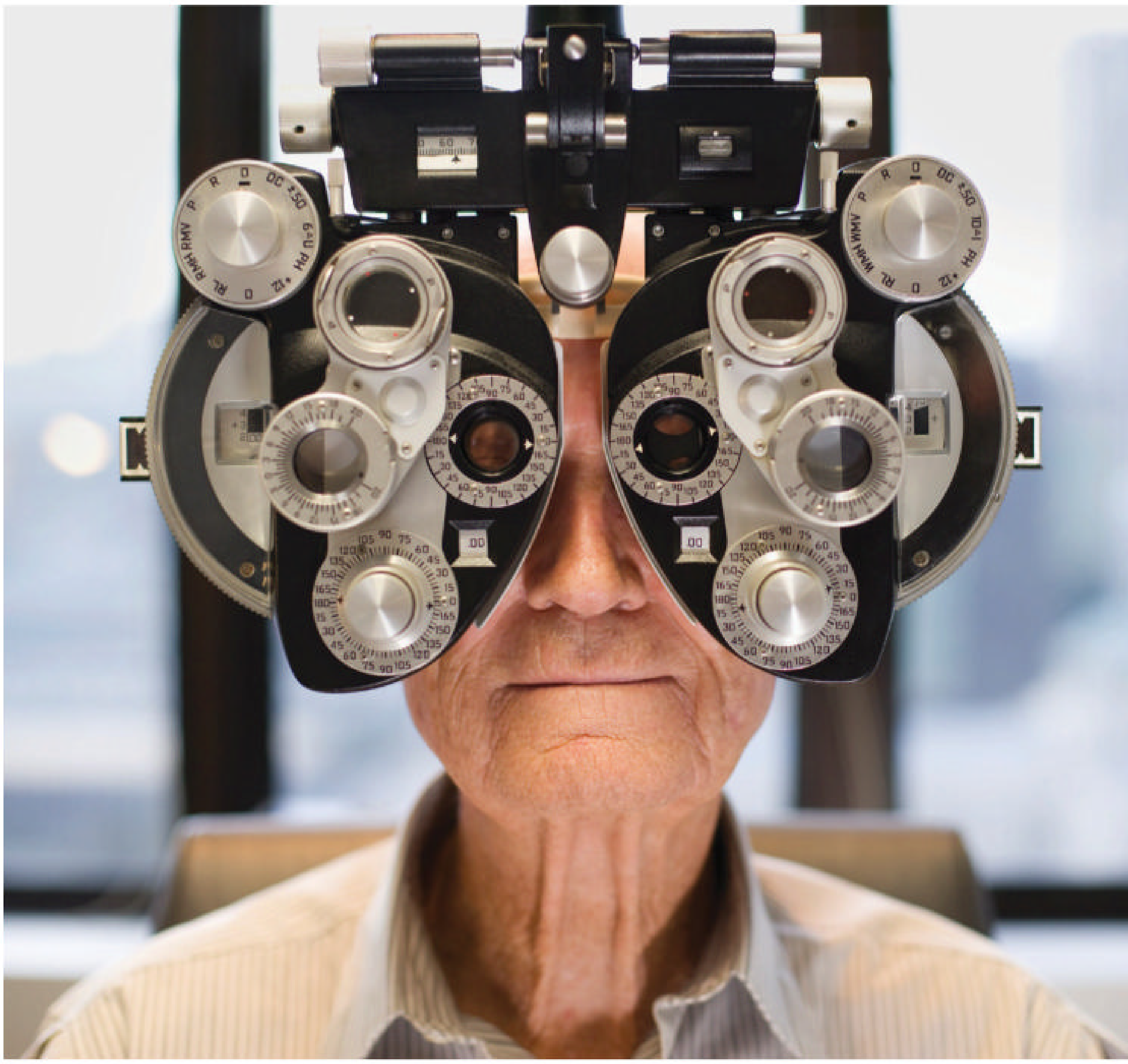
Q | ANY TIPS FOR SOMEONE WHO WANTS TO GAIN WEIGHT ON A PLANT-BASED DIET?

A | Gaining weight is about consuming more calories than we expend, so it's helpful to understand which whole plant foods contain the most calories per pound. Oats, beans, rice, potatoes, nuts, nut butters, tofu, and quinoa, for example, are more calorie-dense than fruits and nonstarchy vegetables. If you'd like to bulk up, focus on eating more of these foods, and establish a fitness routine that includes weight-training or some other form of resistance exercise to build muscle mass. *—Robert Cheeke, champion vegan bodybuilder and co-author of* The Plant-Based Athlete

Getty Images

Q | DOES RAISING YOUR "GOOD" HDL CHOLESTEROL PROTECT AGAINST CARDIOVASCULAR DISEASE?

A | Not necessarily! Research shows that the function of your HDL particles is probably more important for lowering cardiovascular risk than the HDL level reported on your blood test results. In its normal state, HDL is an anti-inflammatory, antioxidant particle that is responsible for the removal of excess cholesterol from our tissues, especially the blood vessels. But HDL can become dysfunctional and pro-inflammatory in situations of oxidative (cellular) stress. For example, saturated fats, which are known to raise HDL, also have been shown to render HDL more inflammatory and atherogenic. So you shouldn't celebrate a rise in your HDL cholesterol if you got there simply by eating more saturated fats.
—Michelle McMacken, MD, FACP, DipABLM, executive director of Nutrition and Lifestyle Medicine at NYC Health + Hospitals



Q | IS THERE A CONNECTION BETWEEN DIET AND CATARACTS?

A | Two studies have shown that a plant-based diet may reduce the risk of developing cataracts. In the Tzu Chi Health Study, which included over 6,000 volunteers, a vegetarian diet was associated with a 20% lower risk of developing cataracts during almost six years of follow-up. These results are similar to those published in 2011 from the EPIC-Oxford cohort in which there was a reduction in risk of cataracts as the amount of animal-derived foods in the diet decreased, with vegetarians and vegans having a 30% and 40% reduced risk, respectively. Why would this be? Vegetarian and vegan diets are associated with lower levels of inflammation and oxidative stress than meat-based diets. These diets are also higher in foods and nutrients associated with better eye health—carotenoids, vitamin C, folate, vitamin E, and leafy greens—and much lower in harmful compounds found in animal foods.
—Shireen Kassam, MBBS, FRCPath, PhD, DipIBLM, and Zahra Kassam, MBBS, FRCPC, MSc, DipABLM, co-authors of Eating Plant-Based: Scientific Answers to Your Nutrition Questions

With telehealth practice Mora Medical, plant-based physician **Laurie Marbas, MD,** is leveraging technology to make lifestyle medicine more accessible than ever.

By Chris and Sharon Dunmall

Rx FOR CHANGE

Q | WHAT LED YOU TO A WHOLE-FOOD, PLANT-BASED LIFESTYLE?

A | Ten years ago, I had a patient mention that meat and dairy upset her stomach. I said, “Stop eating meat and dairy.” It didn’t really trigger in my mind that this was a plant-based diet. She came back in 30 days with her daughter. They were both well. They talked about fruits and vegetables, beans and whole grains, and eating all these plants. I thought, “Wow, this really is just plants.” I started researching and found T. Colin Campbell’s book *The China Study* and read it very quickly, within days. I was contemplating a few things: How does [this knowledge] not only change my practice with patients, but what does that mean for me personally and for my family? [I realized] that I must live what I’m preaching.

Q | WHY HAVE YOU MADE TELEHEALTH YOUR FOCUS?

A | Telemedicine is a good approach for several reasons, No. 1 being accessibility. One of the many complaints we hear from patients is there aren’t enough physicians, and it’s difficult to get there and take time off work, to work around their kids’ schedules, etc. Telemedicine meets the patient where they’re at, literally, and in all corners of the Earth. That’s especially useful for patients who are seeking a plant-based physician, or looking for someone who can speak to them in regard to stopping medications versus starting medications. [Lifestyle medicine] is a different philosophy, and finding local physicians who practice it—especially if you live in a more rural area or states where there’s a shortage of physicians in general—can be hard.

Q | WHERE ARE MORA’S SERVICES AVAILABLE CURRENTLY?

A | Right now we’re in Florida, Texas, and California. We have plans for Ohio and New York—hopefully as quickly as possible, but it is quite a process.

Q | WHAT FACTORS LEAD TO SUCCESS FOR YOUR PATIENTS?

A | The first thing is to understand that we’re not going to help anyone who doesn’t want to be helped. I feel like that is the very first attribute that makes someone successful. They’re kind of self-referred, in the sense they’re frustrated with their current situation. They’re tired; they don’t want more medications. They’re looking for hope, open to a new thought process of understanding that there was a [lifestyle-related] cause for the disease, and that probably means there’s a way we can reverse it [through lifestyle] as well.

Q | WHAT’S YOUR VISION FOR THE FUTURE OF MEDICINE?

A | To an individual physician it’s very simple to prescribe a medicine, so why is it so difficult to prescribe lifestyle medicine? That’s the part we need to fix. I mean, look at the decades that Dr. Caldwell Esselstyn, Dr. John McDougall, Dr. [Joel] Fuhrman, or Dr. Neal Barnard have spent working to put out the same message. As an individual provider, I’ve seen the disease, the destruction, and the devastation. Now it’s time to utilize information and experience to provide purpose for the next generation of physicians to carry the torch farther and reach more people.

GET CONNECTED

Find plant-based, lifestyle-focused health care professionals wherever you are using these resources.

MORA MEDICAL

Telehealth-based medical practice Mora Medical accepts insurance and uses a unique approach, placing patients in small, physician-led support groups as they make healthy lifestyle changes. Mora is currently only available in select states; check the website to see if yours is one of them. ***mora.com***

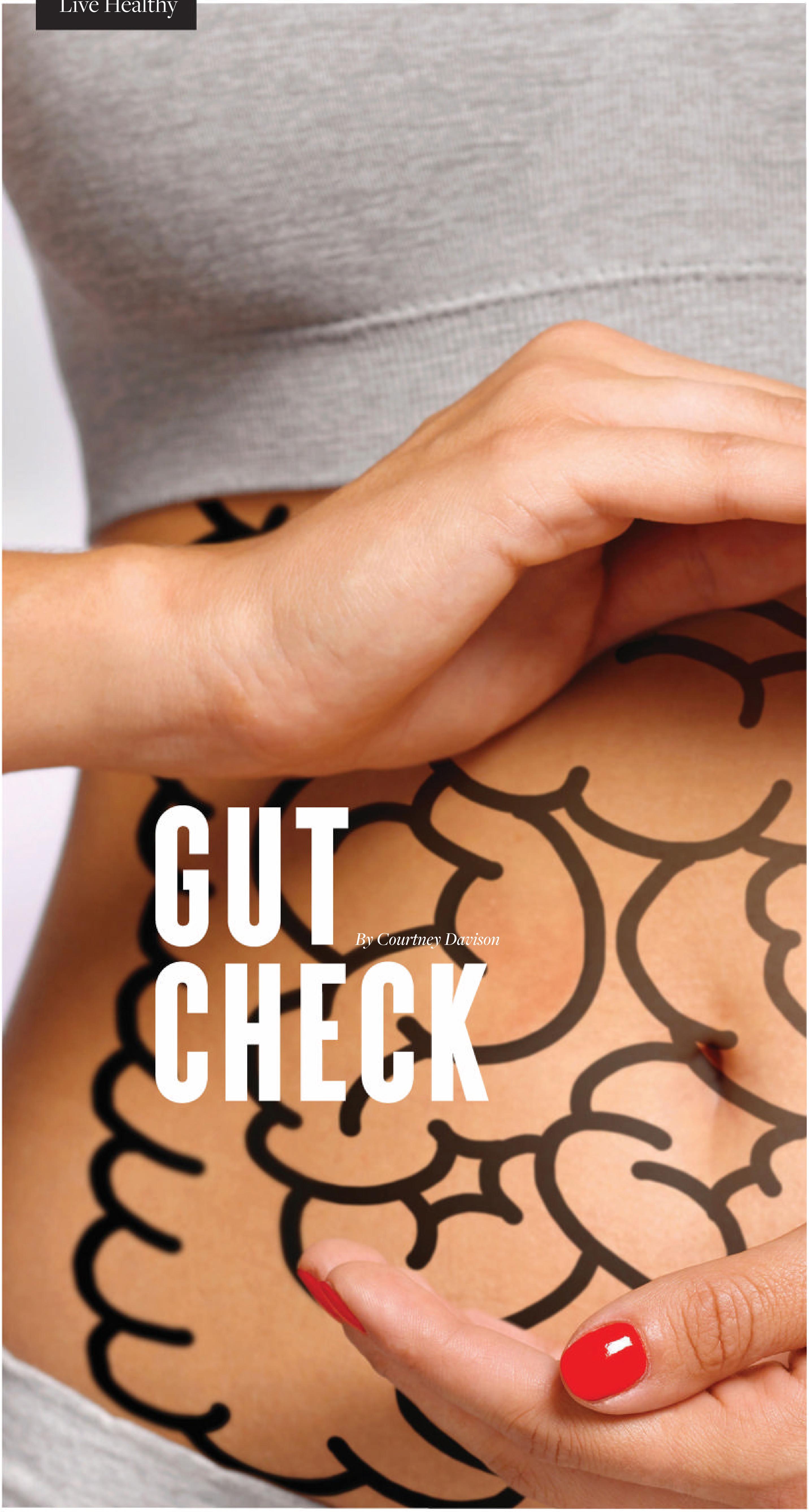
PLANT BASED TELEHEALTH

Available throughout most of the country, Plant Based TeleHealth allows patients to connect with leading lifestyle-medicine physicians from the comfort of their own homes. ***plantbasedtelehealth.com***

PLANT-BASED DOCS

The comprehensive database from The Plantrician Project allows you to search for health care professionals using a range of helpful filters, such as specialty, location, and telehealth offerings. ***plantbaseddocs.com***

Photography by Brenda Bravo



GUT CHECK

By Courtney Davison

Our understanding of gut health has grown exponentially in recent years, and so has interest in probiotics. But we've been overlooking something even more elemental.

Of the trillions of microbes living in your gut, the majority are friendly, helping to absorb nutrients, optimize immune function, prevent disease, and keep bad bacteria in check. You want to have as many of these good bacteria as possible. Probiotics offer one way to up your count. Think of them like reinforcements, brought in from the outside in the hopes that they'll join forces with other beneficial microbes in your gut.

Humans have been consuming probiotics for thousands of years via fermented foods, but over the last century, supplements have emerged to deliver high concentrations of specific strains, such as *Lactobacillus acidophilus* and *Bifidobacterium bifidum*. Probiotic supplements are hugely popular, generating $759 million in U.S. sales in 2020. If you're looking to improve your gut health, you may have considered taking a probiotic supplement—but experts warn against doing so without the guidance of a gut-health specialist.

"[American College of Gastroenterology] guidelines don't recommend widespread use of probiotic supplements, even for the majority of gastrointestinal conditions,"

Getty Images

says Vanessa Méndez, MD, triple board-certified gastroenterologist and founder of the lifestyle medicine practice Planted Forward. She notes that supplements may be helpful in specific instances—for example, to help treat infections or to restore gut microbiota following a course of antibiotics—but in other instances, they may be ineffectual at best.

In general, Méndez recommends getting probiotics the old-fashioned way: from fermented plant foods, such as tempeh, miso, and kimchi. A 2016 review published in *Critical Reviews in Food Science and Nutrition* analyzed a number of studies and concluded that for healthy people, probiotic foods appeared more effective than supplements; the researchers posited that this may have to do with a buffering effect of foods to help probiotics pass through the gut.

But all probiotics, whether from food or supplement, will only take up residence in environments that are hospitable to their strain. Otherwise, they'll act more like tourists. "Consuming the microbes themselves can have a temporary effect," says Méndez. The real long-term benefit comes from giving your existing beneficial microbes what they need to thrive and multiply. That's where prebiotics come in.

PREMIUM FUEL

Most of what we eat is broken down and absorbed in the small intestine, but fibrous nutrients known as prebiotics move on to the large intestine and serve as food for beneficial microbes. As the microbes break down prebiotics, they release biochemicals that carry out important tasks in the body (see "But Wait, There's More," *right*).

While only a few types of resistant starch and fiber have been confirmed to be prebiotic, experts expect the list to grow. "Ten years ago, the entire conversation around prebiotics revolved around inulin, so people started focusing on Jerusalem artichokes and asparagus. But we now know that consuming a wide variety of plants is far healthier than only consuming Jerusalem artichokes and asparagus," says Will Bulsiewicz, MD, MSCI, board-certified gastroenterologist and author of *The Fiber Fueled Cookbook*. "I think the important point is that all plants, without question, contain prebiotic fiber."

Bulsiewicz and Méndez emphasize that probiotic supplements can be useful in certain medically supervised contexts, and probiotic-rich foods can help bring diversity to your gut microbiome—but prebiotic foods are the bedrock of sustainable gut health.

"The great thing about a whole-food, plant-based diet is that you can be consuming both [prebiotics and probiotics]," says Méndez. "Fill your plate with more fiber-rich foods, and you're going to be feeding a healthy gut microbiome."

BUT WAIT, THERE'S MORE

One of the most exciting developments in the gut-health world is the discovery of postbiotics: short-chain fatty acids (SCFAs) and other biochemical byproducts that gut microbes release as they consume prebiotics. SCFAs such as butyrate, acetate, and propionate carry out important functions throughout the body, reducing inflammation and insulin resistance, killing cancer cells, and maintaining the integrity of the intestinal barrier. They also appear to help synthesize neurotransmitters and influence the brain in other profound ways.

"For a long time, we thought that the intestinal tract was essentially just a hollow tube that churned food and absorbed nutrients," says gastroenterologist Vanessa Méndez, MD. "Then we discovered that gut microbes are really involved in the process of breaking down fiber. And recently, we've realized that they actually do so much more."

KEEP IT REAL

Food manufacturers are hip to the growing interest in prebiotics. The next time you're at the grocery store, you'll likely spot granola bars or sugary cereals sporting claims about prebiotics on their labels. Don't buy it. "They're still ultraprocessed foods," explains gastroenterologist Will Bulsiewicz, MD, MSCI. He instead advises choosing dietary fiber "in its native state"—i.e., whole plant foods.

PETAL POWER

Edible flowers are so much more than a pretty garnish. Learn how to grow them at home so you can cook with their delicate flavors any day of the week.

By Megan Edwards

Edible flowers are an easy finishing touch that can turn a standard salad into a work of art. However, the high price of store-bought blooms may discourage home cooks from utilizing these beautiful embellishments. But here's the secret: You can grow your own! FOK spoke with Cassie Winslow, recipe creator and author of *Floral Provisions,* to get her best advice on planting and using edible flowers.

“Beautiful flowers start with gorgeous soil,” Winslow advises. “Get a quality planting mix from your local garden center, because if you start with good soil, you're more likely to get great-tasting flowers.”

Winslow emphasizes the importance of working with blooms that are free from pesticides and other harsh chemicals. Sowing flowers from seeds is the easiest way to do that, since even organically grown starter plants are typically exposed to some level of pesticides.

INDOORS OR OUT?

When deciding on which flowers to plant, Winslow says that your growing zone—that is, the climate you live in—can majorly impact the types of blossoms that will thrive. Before planting flowers outdoors, look up whether your desired plants are well suited to your area.

“Generally, lavender, chamomile, and rose geranium are easy to grow and aren't very finicky,” Winslow says. “Borage, nasturtium, and blooms from your standard cooking herbs are also easy to grow.”

Tight on outdoor garden space? Edible flowers can still flourish inside. Apart from adding color to your kitchen, planting indoors can be a smart move for anyone living in a colder climate. “Be sure to plant indoor flowers in a well-draining container and keep them in a sunny spot in your home,” Winslow recommends.

HOW TO PICK (AND PREP) 'EM

Knowing when to harvest your petals is key to ensuring the most delicious results. The best time of day to pick outdoor flowers is in the morning before the sun gets high and sucks moisture out of the blooms. Because indoor flowers grow in a more controlled environment, you can harvest them any time of day. And whether you're growing blooms inside or out, be sure to pick them frequently to encourage rapid growth.

To clean sturdier flowers, a quick dunk in room-temperature water will remove any dirt or small insects that might be hiding in the petals. Set them to dry on clean paper towels. For daintier blooms, gently wipe them with a damp cloth and store in the fridge. It's best to harvest flowers right before use because their fragile structures don't hold up well once picked—and refrigeration makes them susceptible to mold.

Be sure to remove pollen-heavy stamens and pistils to prevent allergies from flaring up as you eat. (This applies to flowers such as hibiscus, squash blossoms, honeysuckle, lilies, and nasturtiums.) It's also important to remove any stems or green leaves at the base of the petals to protect against a bitter, vegetal flavor overpowering the tasty petals.

STOP AND EAT THE ROSES

“Most of the time when cooking with edible flowers, a little goes a long way,” Winslow advises. “Taste the flower before you use it so you know how strong the flavor is.” The delicate flavors of edible flowers are showcased best when used as garnishes for cool, light meals or incorporated into baked goods. Use them in dishes that don't contain heavy, hot, or saucy components that could wilt the petals. Here are some easy ideas to try:

- *Add nasturtium, basil blossoms, or dandelions as a garnish to a green salad.*
- *Decorate chilled gazpacho with chive blossoms or squash blossoms.*
- *Top a cake with an assortment of fresh flowers such as roses, elderflowers, or marigolds.*
- *Pack fresh pansies into spring rolls so their petals are visible through the rice paper wrappers.*

HIDING IN PLAIN SIGHT?

If you have a garden, you may already have edible blossoms without realizing it! Most herb and veggie blossoms taste like a milder version of whatever plant they come from.

CHIVES
BASIL
ZUCCHINI / SQUASH
ARUGULA
OREGANO
ROSEMARY
SAGE

TASTING NOTES

NASTURTIUM	Slightly peppery and spic
PANSY	Neutral taste
LAVENDER	Floral with a hint of rosemar
ROSE	Mildly fruity and floral
HIBISCUS	Tangy cranberry
CHAMOMILE	Mild apple, honey, and hay
DANDELION	Tangy and honey-like
MARIGOLD	Citrusy and peppery
ELDERFLOWER	Mildly fruity and sweet

BEST OF Brunch

Fresh, festive, and bursting with flavor, these impressive main dishes are totally brunchworthy.

photography Kelsey Hansen | *food styling* Charlie Worthington

CLASSIC FRENCH CREPES

recipe on page 31

CLASSIC CREPE FILLERS

Some traditional French ways to serve crepes include dusting them with powdered sugar and folding them into quarters, or cooking an egg with cheese on top of the crepe and folding in the edges as it cooks. Try plant-based nut cheese, greens, and toasted walnuts or pecans for a savory plant-based crepe! For kids, try rolling them up with plant-based yogurt and a little maple syrup. Leftover crepes also make great wraps for peanut butter and jelly or hummus and avocado.

CORNBREAD WAFFLES WITH BLACK BEAN-PINEAPPLE SALSA

35 minutes | Makes 16 waffles + 3 cups salsa

A juicy pineapple-avocado salsa adds a burst of sweet-and-tangy joy to these savory corn-flecked cornmeal waffles.

1	Tbsp. chia seeds
1½	cups whole wheat pastry flour or oat flour
½	cup yellow cornmeal
1½	tsp. regular or sodium-free baking powder
½	tsp. baking soda
1½	cups unsweetened, unflavored plant milk, such as almond, soy, cashew, or oat
¼	cup unsweetened applesauce
2	tsp. apple cider vinegar
½	cup frozen corn kernels, thawed
1	cup purchased pico de gallo
1	medium avocado, halved, seeded, peeled, and chopped
½	cup chopped fresh pineapple
½	cup cooked black beans
2	Tbsp. chopped fresh cilantro

1. Preheat a four-square nonstick waffle maker according to manufacturer's directions. In a medium bowl combine chia seeds with 2 Tbsp. water; let stand 5 minutes.

2. In a large bowl combine flour, cornmeal, baking powder, and baking soda. Add milk, applesauce, and vinegar to the chia mixture. Add chia mixture to flour mixture; stir to combine. Fold in corn.

3. To bake waffles, add batter in ¼-cup portions to waffle maker. Close lid; bake 5 minutes. If lid lifts easily after 5 minutes, the waffle is ready. If not, cook 30 seconds more. Use a wooden chopstick or a silicone spatula to remove waffle. Repeat with the remaining batter.

4. For salsa, in a medium bowl combine the remaining ingredients. Top waffles with salsa. Serve immediately.

Tip Keep baked waffles warm in a 250°F oven while you bake the rest of the batch.

From forksmealplanner.com

QUICHE FLORENTINE WITH ARTICHOKE HEARTS AND SUN-DRIED TOMATOES

recipe on page 31

CITRUS AND FENNEL GRAIN SALAD

recipe on page 31

MANGO SMOOTHIE BOWLS

2 hours 15 minutes | Makes 4 bowls

Dressed up with oats, chia seeds, and a hint of turmeric, this bowl bursts with fruit flavor. If you slice and freeze the bananas at least a day ahead of time, this recipe can be ready in 15 minutes.

4	**bananas**
2	**cups frozen mango chunks**
1	**cup orange juice**
1	**tsp. ground turmeric**
2	**cups fresh blueberries**
2	**kiwifruits, peeled and sliced**
1	**cup rolled oats**
1	**Tbsp. + 1 tsp. chia seeds**

1. Line a baking sheet with parchment paper. Slice bananas into 1-inch chunks. Spread on prepared baking sheet and freeze at least 2 hours. Once frozen, transfer banana chunks to a resealable plastic freezer bag.

2. In a high-power blender or food processor combine frozen bananas, frozen mango, orange juice, and turmeric. Cover and blend until very smooth.

3. Divide smoothie equally among four bowls. Top with blueberries, kiwi slices, oats, and chia seeds. Serve immediately.

From forksmealplanner.com

BRÛLÉED OATS

20 minutes | Makes 6 cups

All hail the broiler! Served in ramekins with a sprinkle of turbinado sugar and juicy berries and a blast of high heat, everyday oats are transformed into a fancy brunch dish worthy of your most finicky guests.

4	**cups unsweetened, unflavored plant milk, such as almond, soy, cashew, or oat, plus more for serving**
2	**cups rolled oats**
½	**tsp. ground cinnamon**
2½	**cups fresh raspberries**
2	**cups fresh blueberries**
1	**tsp. pure vanilla extract**
	Sea salt, to taste (optional)
2	**Tbsp. turbinado sugar**
¼	**cup fresh mint leaves (optional)**

1. Preheat broiler. In a medium saucepan bring 4 cups milk to boiling. Stir in oats and cinnamon. Reduce heat to low. Simmer, uncovered, 4 minutes, stirring occasionally. Stir in half the raspberries and blueberries; cook 2 minutes more. Remove from heat. Stir in vanilla. Cover and let stand 2 minutes. If you like, sprinkle with salt.

2. Divide oats among six 8-oz. ramekins. Sprinkle tops with turbinado sugar. Broil 4 to 5 inches from heat 2 to 3 minutes or until sugar is melted and browned in places.

3. Top oats with remaining berries and mint (if using). Serve with additional milk on the side.

From forksmealplanner.com

CLASSIC FRENCH CREPES

pictured on page 25

40 minutes | Makes ten 10-inch crepes

After college, Micaela Karlsen spent a year in France as an au pair. Living with a French family, she learned a lot about French cooking, including crepe-making. The key element is a very thin batter, which is typically egg-based. Back home in the U.S., she created this very successful plant-based variation using chickpea and tapioca flours.

2	**cups chickpea flour**
½	**cup tapioca flour**
	Pinch of sea salt
2½	**cups unsweetened, unflavored plant milk, such as almond, soy, cashew, or oat**
½	**cup + 2 Tbsp. vegan chocolate chips**
2½	**cups sliced fresh strawberries**

1. Sift flours and salt into a large bowl and whisk to combine. Add milk; whisk thoroughly to create a very thin, smooth batter. Let batter stand 2 minutes; whisk again to break up any lumps. Alternatively, make batter in a blender.
2. Heat a large nonstick skillet or griddle over medium-low. Pour slightly less than ½ cup batter into skillet. Use a batter spreader to evenly coat bottom of skillet with batter, or lift and tilt the skillet to spread batter. Cook 60 to 90 seconds or until the top is no longer shiny, then use a crepe turner or long, thin spatula to flip crepe.
3. Immediately sprinkle chocolate chips over half of the crepe, leaving a 1-inch border around edges. Cook 45 to 60 seconds more or until top looks dry on the second side. Lay ¼ cup sliced strawberries over chocolate. Fold crepe in half to cover fillings, then fold in half again. Repeat with remaining batter, chocolate chips, and strawberries.

From Micaela Karlsen, PhD, MSPH, author of A Plant-Based Life

QUICHE FLORENTINE WITH ARTICHOKE HEARTS AND SUN-DRIED TOMATOES

pictured on page 27

1 hour 15 minutes | Makes one 9-inch quiche

The biggest challenge in making an oil-free quiche is achieving a nice flaky crust. A combination of wheat flour, potato flour, and almond flour does the trick here.

1	**medium yellow onion, thinly sliced (about 2 cups)**
1	**Tbsp. white wine vinegar**
1¾	**cups unbleached all-purpose flour (or white whole wheat flour), plus more for dusting**
½	**cup almond flour**
¼	**cup potato flour**
1	**Tbsp. flaxseed meal (preferably golden)**
1	**tsp. regular or sodium-free baking powder**
6	**cups frozen spinach (about 21 oz.)**
1	**12- to 14-oz. pkg. soft silken tofu, drained**
1	**cup unsweetened, unflavored plant milk, such as almond, soy, cashew, or oat**
1	**14-oz. can artichoke hearts, drained and coarsely chopped (1½ cups)**
½	**cup chopped sun-dried tomatoes (not oil-packed)**
2	**Tbsp. nutritional yeast**
2	**tsp. finely chopped fresh thyme or 1 tsp. dried thyme**
1	**clove garlic, minced**
¼	**tsp. freshly ground white or black pepper**
	Sea salt, to taste

1. Preheat oven to 375°F. Line the bottom of a 9-inch pie plate with parchment paper.
2. In an extra-large nonstick skillet combine onion and ¼ cup water. Cook over medium-low 5 minutes, stirring occasionally. Add vinegar; cook 10 minutes more or until onion softens and starts to brown. Remove from heat.
3. For crust, in a large bowl stir together 1½ cups of the all-purpose flour, the almond flour, potato flour, flaxseed meal, and baking powder. Add 1 cup water. Stir with a spatula until the flour forms clumps. Use your hands to work the dough into a ball, kneading just enough to bring it together. (Dough will be dry and crumbly.)
4. Line a cutting board with plastic wrap, dust with all-purpose flour, and place the dough ball on top. Lightly flour a rolling pin and the top of the dough. Roll dough into an 11-inch disk, dusting the dough or rolling pin with flour as needed to prevent sticking.
5. Carefully lift dough circle and place it in the prepared pie plate. Crimp edges of dough with your fingers or the tines of a fork. Bake crust 15 minutes.
6. Meanwhile, for filling, put spinach in a strainer and run hot water over it for a few seconds to thaw. Squeeze spinach to wring out as much excess moisture as you can.
7. In a large bowl combine tofu, milk, and the remaining ¼ cup all-purpose flour; whisk until tofu breaks up and mixture is creamy. Add spinach and the next six ingredients (through pepper); mix well. Season with salt. Spoon filling into the partially baked crust; spread evenly. Scatter cooked onion on top.
8. Bake 30 to 40 minutes or until crust is golden brown. Remove quiche from oven. Let rest at least 5 minutes before slicing.

To Make Ahead Completely cool the baked quiche; cover. Store in the refrigerator up to 3 days. Bake in a 350°F oven 15 to 20 minutes or until internal temperature reaches 165°F.

From Forks Over Knives: Flavor!

CITRUS AND FENNEL GRAIN SALAD

pictured on page 28

15 minutes | Makes 12 cups

Bits of juicy orange, flecks of mint leaves, and slivers of refreshingly crisp, sweet fennel make this a grain salad to remember. Cook the barley a day ahead to make assembly easy on brunch day: Start with 1⅓ cups dry barley and cook according to package directions.

6	**cups fresh baby spinach**
3	**cups cooked barley**
1	**fennel bulb, cored and thinly sliced (3 cups)**
10	**oz. cherry tomatoes, halved (2 cups)**
4	**oranges, peeled and chopped**
⅔	**cup orange juice**
¼	**cup white wine vinegar**
1	**Tbsp. + 1 tsp. Dijon mustard**
¼	**cup chopped fresh mint**
	Sea salt and freshly ground black pepper, to taste
¼	**cup toasted pine nuts**

1. In a large bowl combine the first five ingredients (through oranges). Toss to combine.
2. For dressing, in a small bowl whisk together orange juice, vinegar, and mustard. Stir in mint.
3. Just before serving, pour dressing over salad and toss well to coat. Season with salt and pepper. Sprinkle with pine nuts.

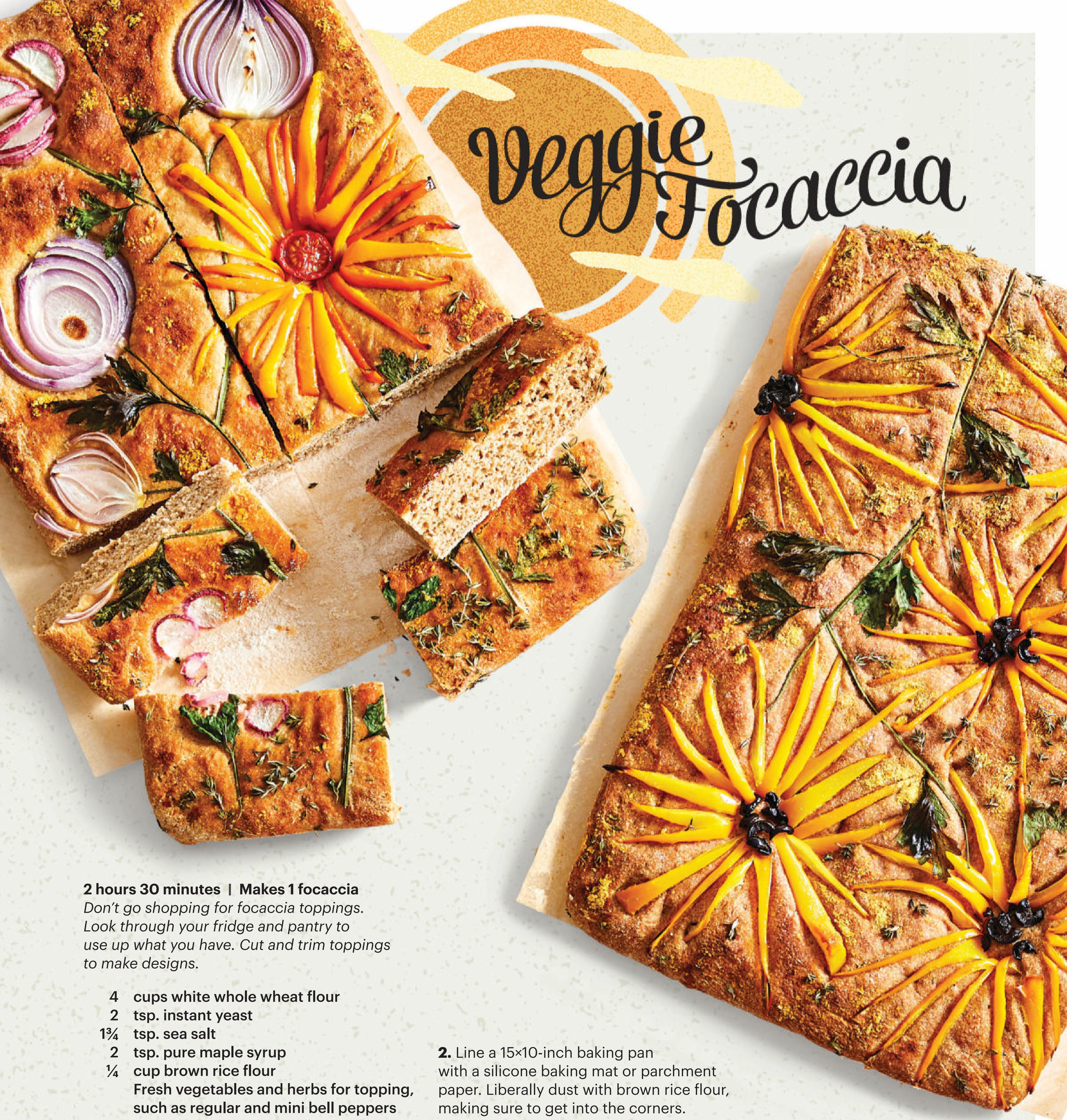
From forksmealplanner.com

Earth Day Feast

Celebrate Mother Earth this April with a colorful plant-based feast, and pass along our eco-smart tips for maximizing flavor while minimizing waste.

photography Kelsey Hansen | *food styling* Annie Probst and Kelsey Moylan | *recipes* Nancy Macklin

Veggie Focaccia



2 hours 30 minutes | Makes 1 focaccia
Don't go shopping for focaccia toppings. Look through your fridge and pantry to use up what you have. Cut and trim toppings to make designs.

- **4 cups white whole wheat flour**
- **2 tsp. instant yeast**
- **1¾ tsp. sea salt**
- **2 tsp. pure maple syrup**
- **¼ cup brown rice flour**
- **Fresh vegetables and herbs for topping, such as regular and mini bell peppers (any color), red onion, scallions, spinach, chives, parsley, cilantro, etc.**
- **2 to 3 Tbsp. unsweetened, unflavored plant milk, such as almond, soy, cashew, or oat**
- **1 Tbsp. nutritional yeast**

1. In a large bowl combine wheat flour, yeast, and salt. Add maple syrup and 2 cups warm water (120°F to 130°F). Beat with a mixer on low 2 minutes. Cover and let rise 1 hour or until double in size.

2. Line a 15×10-inch baking pan with a silicone baking mat or parchment paper. Liberally dust with brown rice flour, making sure to get into the corners.

3. Gently stir dough to deflate; let rest 10 minutes. Spread dough in prepared pan, gently stretching with damp fingers to reach corners. Cut and arrange vegetables and herbs over dough to create a flower garden scene or a bouquet design. Brush dough with milk and sprinkle with nutritional yeast. Cover and let rise 45 minutes to 1 hour or until double in size.

4. Preheat oven to 400°F. Bake 20 to 25 minutes or until golden brown. Serve focaccia immediately or cool on a wire rack to serve later.

Creamy Green Soup

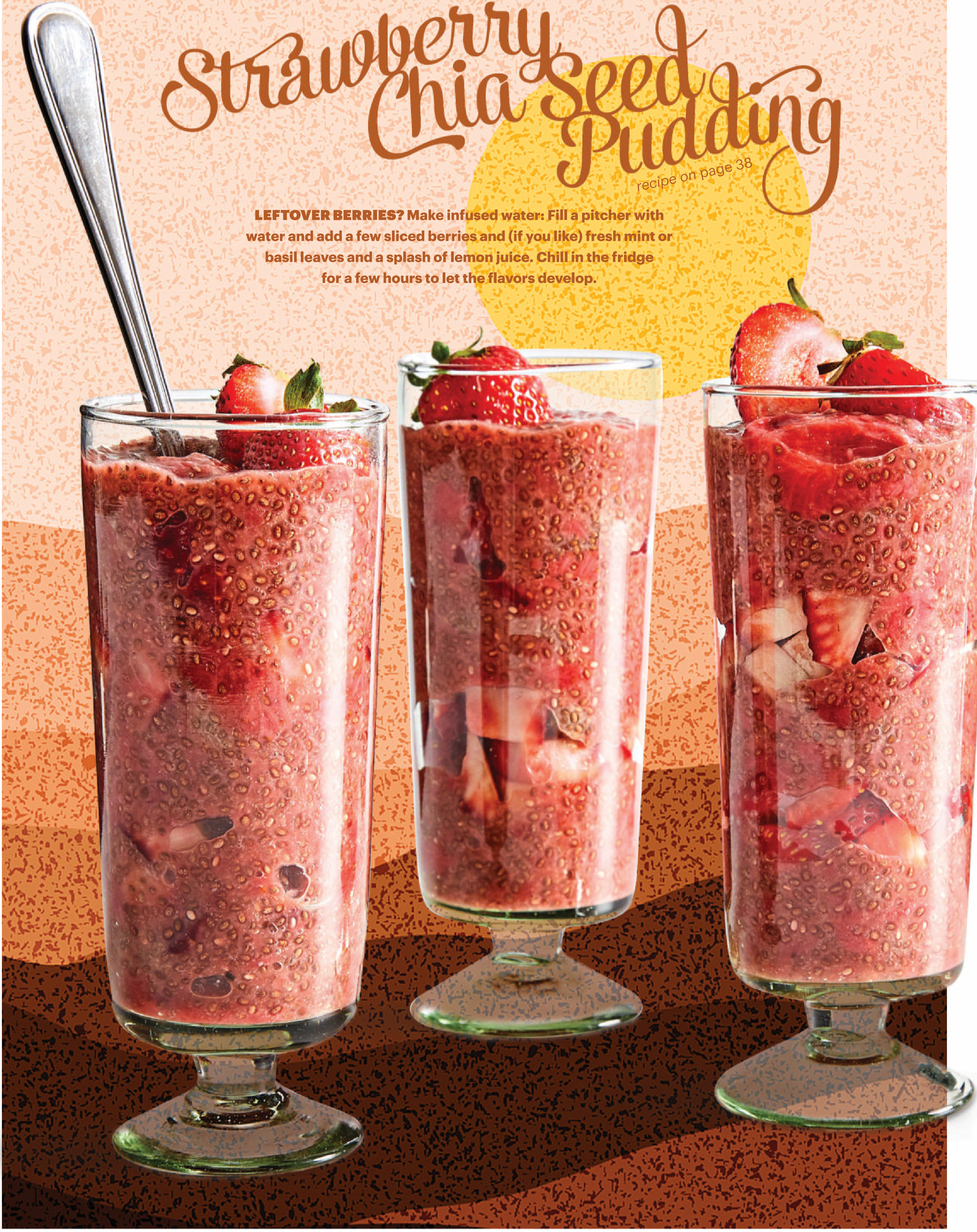
recipe on page 38

KEEP HERBS FRESHER LONGER. You bought a bunch of tarragon (or any herb) and only used a few teaspoons? Place unused herbs in a jar with a few inches of water and refrigerate. Your leftover herbs should last weeks.

Strawberry Chia Seed Pudding

recipe on page 38

LEFTOVER BERRIES? Make infused water: Fill a pitcher with water and add a few sliced berries and (if you like) fresh mint or basil leaves and a splash of lemon juice. Chill in the fridge for a few hours to let the flavors develop.



Beet Salad with Tahini Dressing

recipe on page 38

NEVER TOSS THE BEET GREENS. Slice off the stems and leaves the same day you buy them (this helps beet roots stay fresh longer) to use in salads like this one, or sauté in vegetable broth with minced garlic for a delicious side dish.

Wild Mushroom and Asparagus Risotto

recipe on page 39

SAVE VEGGIE SCRAPS FOR BROTH. In an airtight container in your freezer, collect scraps from fresh mushrooms, onions, carrots, celery, potatoes, red and yellow peppers, tomatoes, squash, and herbs. Once you have 8 cups of scraps, place them in a large pot, cover with water, and simmer for 2 hours or until broth is flavorful. Strain and refrigerate or freeze broth.

Creamy Green Soup

pictured on page 34

40 minutes | Makes 9 cups

This recipe is a great way to use up leftover bits and ends of vegetables and greens.

1 cup chopped scallions
3 cloves garlic, minced
3½ cups low-sodium vegetable broth
1½ lb. russet potatoes, peeled and cut into 1-inch pieces
1 15-oz. can no-salt-added cannellini beans, undrained
3 cups coarsely chopped fresh or frozen green vegetables, such as sugar snap peas, broccoli, Broccolini, asparagus, green beans, and green peas
3 cups chopped fresh greens, such as spinach, kale, chard, and collards
1½ cups unsweetened, unflavored plant milk, such as almond, soy, cashew, or oat
2 tsp. chopped fresh tarragon
1 Tbsp. lemon juice
1 tsp. hot pepper sauce
Sea salt and freshly ground black pepper, to taste

1. In a large saucepan cook scallions and garlic over medium 3 to 4 minutes or until tender, stirring occasionally and adding broth, 1 to 2 Tbsp. at a time, as needed to prevent sticking. Add the remaining broth, the potatoes, and cannellini beans. Add water, if needed, to cover. Bring to boiling; reduce heat. Cover and simmer 10 to 15 minutes or until potatoes are nearly tender.

2. Add green vegetables; cook 5 minutes or until nearly tender. Add fresh greens, milk, and tarragon. Cook 5 minutes or until greens are very tender.

3. Use an immersion blender to blend soup until very smooth. (Or transfer to a blender in batches; cover and blend until smooth. Return to pan.) Stir in lemon juice and hot sauce. Season with salt and black pepper. If you like, top with additional hot sauce, scallions, and tarragon.

Strawberry Chia Seed Pudding

pictured on page 35

45 minutes + chill time | Makes 4 cups

It's all about the strawberries for this pudding. Use the ripest, sweetest ones you can find.

6 cups sliced fresh strawberries
½ cup orange juice
¾ cup unsweetened, unflavored plant milk, such as almond, soy, cashew, or oat
¼ cup chia seeds
2 Tbsp. pure maple syrup
1 tsp. pure vanilla extract

1. In a medium saucepan combine 3 cups of the strawberries and the orange juice. Mash until berries are coarsely chopped. Cook over medium until mixture has a jamlike consistency, about 20 minutes. Cool 15 minutes.

2. In a medium bowl whisk together milk, chia seeds, maple syrup, and vanilla. Stir in cooked strawberries. Cover and chill at least 3 hours or overnight.

3. Spoon pudding and the remaining 3 cups fresh strawberries into serving dishes or glasses.

Beet Salad with Tahini Dressing

pictured on page 36

1 hour 30 minutes | Makes 10 cups

Oranges are a colorful, juicy counterpoint to the beets, but you can also sub other fruits, such as strawberries, pears, or plums.

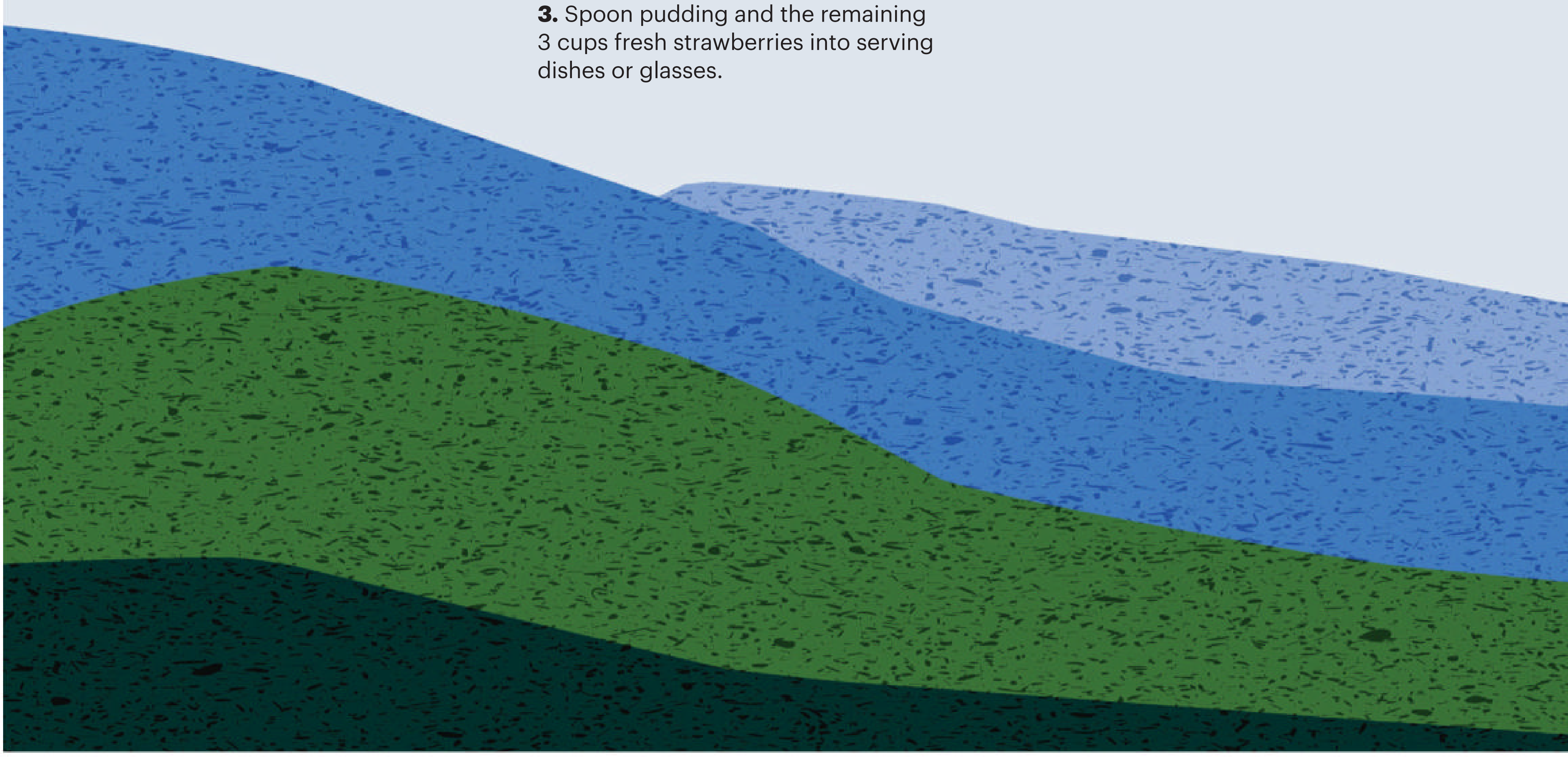
1½ lb. fresh red and/or golden beets with greens
¼ cup orange juice
2 Tbsp. white balsamic vinegar
1 Tbsp. tahini
1 tsp. pure maple syrup
½ tsp. dry mustard
¼ tsp. freshly ground black pepper
1 5-oz. pkg. fresh baby greens
2 oranges, peeled and cut into slices or segments
2 Tbsp. chopped fresh chives

1. Preheat oven to 425°F. Trim beets, reserving greens. Wrap beets in foil. Roast 45 to 60 minutes or until tender. Let cool 15 minutes or until able to handle. Rub off skins with a paper towel. Slice beets; set aside or refrigerate until ready to serve.

2. For dressing, in a small bowl whisk together the next six ingredients (through pepper).

3. Wash beet greens. Slice greens into thin ribbons.* On a large platter combine beet greens and baby greens. Drizzle with dressing; toss to coat. Arrange beets and oranges on greens. Sprinkle with chives.

***Tip** To easily cut beet greens into thin ribbons or chiffonade, roll them up into a cylinder and thinly slice.



Wild Mushroom and Asparagus Risotto

pictured on page 37

1 hour | Makes 8 cups

Mushrooms are as connected to the earth as you can get—growing close to it and gaining rich flavor from it.

3 cups low-sodium vegetable broth
4 cups halved or coarsely chopped mixed fresh mushrooms (cremini, shiitake, oyster, and/or chanterelle)
1 cup chopped onion
2 Tbsp. minced garlic
¼ cup dry white wine or low-sodium vegetable broth
2 cups short grain brown rice
1 lb. fresh asparagus, trimmed and cut into 1-inch pieces
1 Tbsp. lemon juice
1 Tbsp. chopped fresh dill
½ tsp. sea salt
½ tsp. freshly ground black pepper
1 to 2 Tbsp. nutritional yeast (optional)
Lemon wedges

1. In a medium saucepan combine broth and 3 cups water. Bring to boiling; reduce heat to keep warm.

2. In a 4- to 5-qt. Dutch oven cook mushrooms, onion, and garlic over medium 5 to 6 minutes, stirring occasionally and adding some of the hot broth, 1 to 2 Tbsp. at a time, as needed to prevent sticking. Add wine; cook 1 to 2 minutes or until wine has evaporated. Add rice; cook 1 to 2 minutes or until rice starts to smell nutty.

3. Add ½ cup hot broth to rice mixture; stir frequently until all the broth has been absorbed. As broth is nearly absorbed, continue adding broth in ½-cup increments until rice is nearly tender, about 45 minutes. Add asparagus; cook 3 to 5 minutes more or until rice and asparagus are tender.

4. Stir in lemon juice, dill, salt, and pepper. Sprinkle with nutritional yeast (if using) and serve with lemon wedges.

Earth Day Smoothie

10 minutes | Makes 4½ cups

Alternate the green and blue smoothie mixtures to a swirly effect and create your own Earth Day symbol!

3 bananas, cut up and frozen
½ cup unsweetened applesauce
1 Tbsp. almond butter
1 tsp. orange zest
¾ to 1 cup unsweetened, unflavored plant milk, such as almond, soy, cashew, or oat
4 cups fresh spinach
2 kiwifruit, peeled and sliced
2 cups frozen blueberries

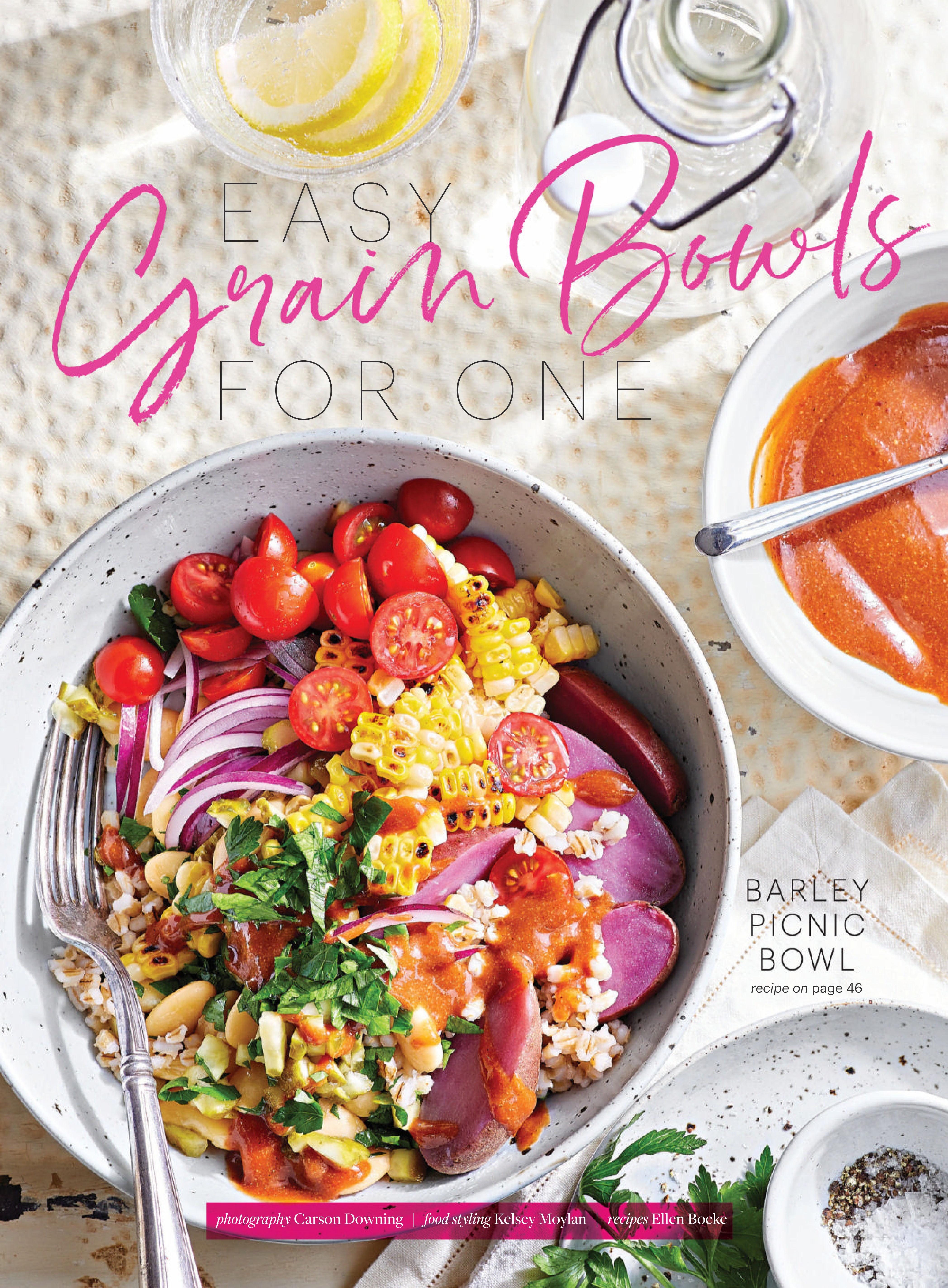
1. In a blender combine bananas, applesauce, almond butter, and orange zest. Cover and blend until smooth, gradually adding milk as needed (about ½ cup).

2. Pour half of the smoothie into a large measuring cup. Add spinach and kiwis to the remaining smoothie mixture in blender. Cover and blend until smooth. Pour green smoothie into a second measuring cup. Return reserved plain smoothie to blender; add blueberries. Cover and blend until smooth, gradually adding the remaining milk as needed.

3. Alternately pour the green and blue smoothie mixtures into tall clear glasses.

Earth Day
Smoothie

EASY Grain Bowls FOR ONE



BARLEY
PICNIC
BOWL

recipe on page 46

photography Carson Downing | *food styling* Kelsey Moylan | *recipes* Ellen Boeke

BUCKWHEAT BERRY BOWL

35 minutes | Makes 1 bowl

Peppery radishes give this buckwheat bowl a refreshing counterpoint to the berries' sweetness.

1	cup cooked buckwheat (see Grains Cooking Chart, *page 47*)
1	cup fresh baby greens
¾	cup cooked or canned no-salt-added white beans, rinsed and drained
½	cup fresh blueberries
½	cup sliced fresh strawberries
¼	cup thinly sliced radishes
¼	cup chopped avocado
1	Tbsp. coarsely chopped toasted pecans
1	Tbsp. sliced fresh basil or whole basil leaves
½	tsp. orange zest
¼	cup orange juice
1	Tbsp. white balsamic vinegar
	Sea salt and freshly ground black pepper, to taste

1. In a bowl combine the first seven ingredients (through avocado). Top with pecans and basil. In a small bowl whisk together orange zest, orange juice, and vinegar. Season with salt and pepper. Drizzle over bowl.

GREEN GODDESS BULGUR BOWL

30 minutes | Makes 1 bowl

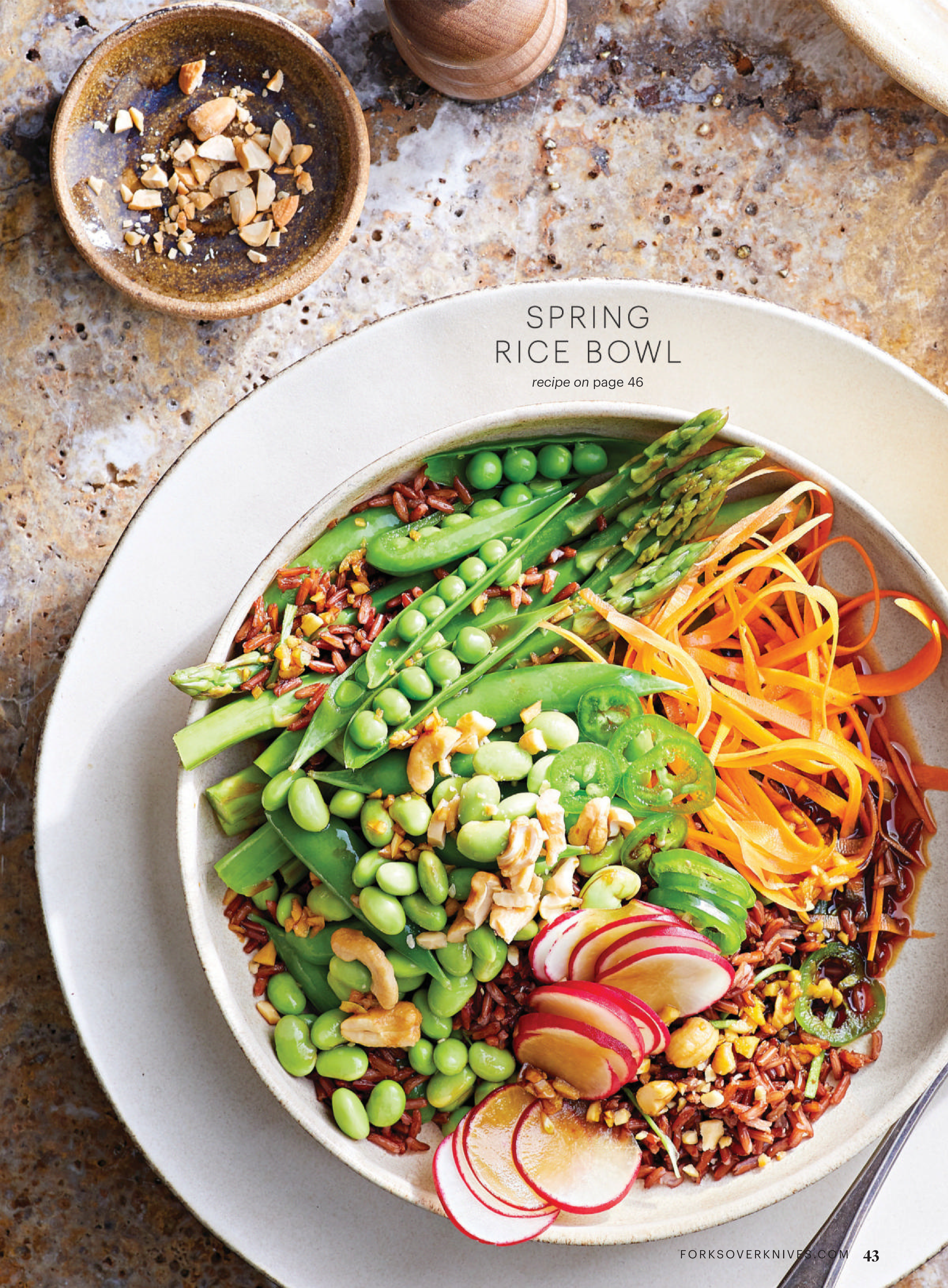
This bright-tasting bowl proves that it's easy being green.

3	**baby zucchini**
1	**cup cooked bulgur (see Grains Cooking Chart,** ***page 47*****)**
2	**Tbsp. sliced scallion**
2	**Tbsp. chopped fresh parsley**
1	**tsp. lemon zest**
1	**Tbsp. lemon juice**
¾	**cup cooked or canned no-salt-added chickpeas, rinsed and drained**
¾	**cup shredded napa cabbage**
½	**cup thinly sliced cucumber**
½	**cup Green Goddess Dressing**

1. Cut zucchini in half lengthwise. Place zucchini in a steamer basket in a large saucepan. Add water to saucepan to just below basket. Bring to boiling. Steam, covered, 2 to 3 minutes or until tender. Let cool.

2. In a bowl stir together the next five ingredients (through lemon juice). Add zucchini, chickpeas, cabbage, and cucumber to bowl. Drizzle with Green Goddess Dressing.

Green Goddess Dressing In a small saucepan combine 5 oz. Yukon gold potato, peeled and chopped (1 cup), and 1 cup water. Bring to boiling; reduce heat. Simmer, uncovered, 10 minutes or until tender. Do not drain. Let cool 10 minutes. Transfer potato and cooking water to a blender. Add ½ cup each chopped fresh parsley, chives, and basil; ¼ cup each chopped fresh dill and raw cashews; 2 Tbsp. lemon juice; 1 clove garlic; and ½ tsp. sea salt. Cover and blend until thick and creamy. Add water, 1 Tbsp. at a time, and blend to desired consistency. Season to taste with freshly ground black pepper. Store in an airtight container in the refrigerator up to 5 days. *Makes 2 cups.*

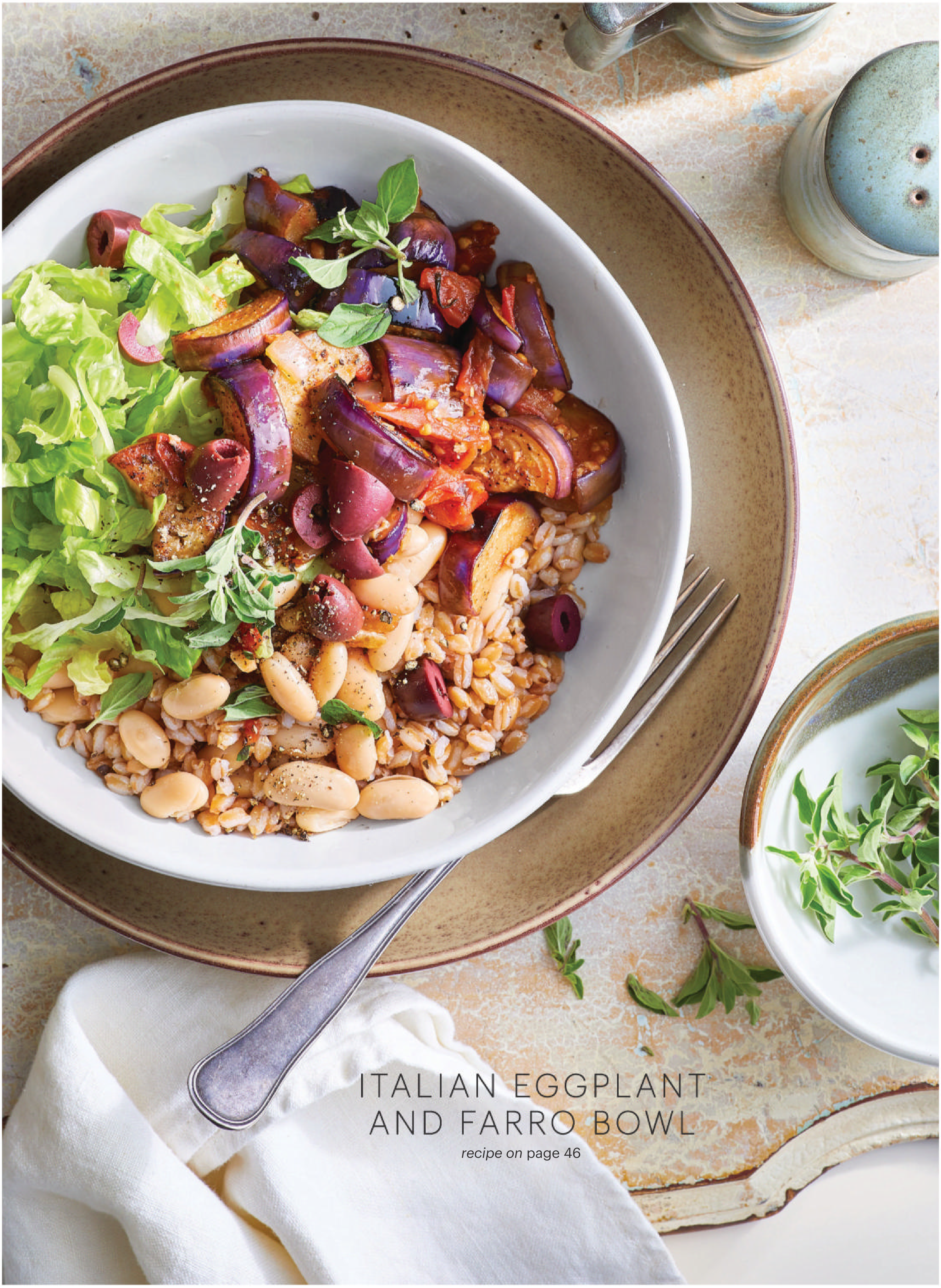


SPRING RICE BOWL

recipe on page 46

SHAWARMA SWEET POTATO-QUINOA BOWL

recipe on page 46



ITALIAN EGGPLANT AND FARRO BOWL

recipe on page 46

Barley Picnic Bowl

pictured on page 40

25 minutes | Makes 1 bowl

This bowl will put you in the mood for warmer dining-outside weather. If you prefer, substitute ½ cup cooked frozen corn for kernels sliced off the cob.

- **1 ear fresh sweet corn, husk and silks removed**
- **3 red fingerling potatoes, halved lengthwise (4.5 oz.)**
- **1 Tbsp. apple cider vinegar**
- **½ cup cooked or canned no-salt-added butter beans, rinsed and drained**
- **2 Tbsp. chopped fresh parsley**
- **3 Tbsp. chopped dill pickle**
- **¾ cup cooked hulled barley (see Grains Cooking Chart, *opposite*)**
- **½ cup halved cherry tomatoes**
- **2 Tbsp. thinly sliced red onion**
- **3 Tbsp. oil-free barbecue sauce**
- **1 tsp. Dijon mustard**
- **Freshly ground black pepper, to taste**

1. Soak corn in cold water 10 minutes. Heat a large cast-iron skillet over medium. Add corn and pan-roast 8 minutes or until browned, turning ear to roast all sides. Cool slightly. Cut corn kernels off ear in planks.
2. Meanwhile, place potatoes in a steamer basket in a large saucepan. Add water to saucepan to just below basket. Bring to boiling. Steam, covered, 8 to 10 minutes or until tender. Toss with vinegar. Let cool.
3. In a bowl toss together beans, parsley, and pickle. Arrange in a shallow dish with barley, corn, potatoes, tomatoes, and onion. In a small bowl stir together barbecue sauce and mustard; drizzle over bowl. Season with pepper.

Spring Rice Bowl

pictured on page 43

15 minutes | Makes 1 bowl

Cooking times can vary for different brands of black and red rice, so be sure to check the package for guidance.

- **1 cup fresh sugar snap peas or English peas, trimmed and halved diagonally**
- **⅔ cup shelled edamame**
- **4 spears fresh asparagus, trimmed**
- **1 cup cooked black or red rice (see Grains Cooking Chart, *opposite*)**
- **½ cup coarsely shredded carrot**
- **¼ cup thinly sliced radishes**
- **1 Tbsp. unseasoned rice vinegar**
- **2 tsp. low-sodium soy sauce or tamari**
- **¼ tsp. minced garlic**
- **¼ tsp. grated fresh ginger**
- **2 Tbsp. coarsely chopped raw cashews or sliced almonds, toasted**
- **2 Tbsp. bias-sliced scallion**
- **3 slices fresh jalapeño chile (tip, *page 85*)**

1. Arrange peas, edamame, and asparagus in a steamer basket in a large saucepan. Add water to saucepan to just below basket. Bring to boiling. Steam, covered, 3 to 4 minutes or just until tender. Rinse under cold water; drain well.
2. In a bowl combine peas, edamame, asparagus, rice, carrot, and radishes. In a separate bowl whisk together vinegar, soy sauce, garlic, and ginger. Drizzle over rice bowl. Top with cashews, scallion, and jalapeño.

Shawarma Sweet Potato-Quinoa Bowl

pictured on page 44

30 minutes | Makes 1 bowl

Enjoy this flavor-filled bowl warm, at room temperature, or chilled. It would be a good option to tote for lunch.

- **2 Tbsp. lemon juice**
- **1 tsp. Salt-Free Shawarma Seasoning**
- **1 6-oz. sweet potato, peeled and cut into ½-inch strips (1¼ cups)**
- **⅓ cup oil-free hummus**
- **1 Tbsp. chopped fresh dill**
- **1 cup hot cooked quinoa (see Grains Cooking Chart, *opposite*)**
- **½ cup thinly sliced cucumber**
- **½ cup halved cherry tomatoes or chopped tomato**
- **2 Tbsp. finely chopped red onion**
- **½ of a whole wheat pita round, cut into wedges**

1. Preheat oven to 400°F. Line a baking sheet with parchment paper or a silicone baking mat. In a medium bowl combine 1 Tbsp. of the lemon juice, the shawarma seasoning, and 1 Tbsp. water. Add sweet potato strips; toss to coat. Place sweet potato on prepared baking sheet. Roast 15 minutes or until tender. Transfer baking sheet to a wire rack. Drizzle sweet potato with any remaining seasoning mixture in bowl.
2. Meanwhile, in a small bowl whisk together hummus, dill, and the remaining 1 Tbsp. lemon juice. Whisk in 2 Tbsp. water, or enough to reach drizzling consistency.
3. In a bowl combine sweet potato, quinoa, and hummus mixture. Toss to coat. Top with cucumber, tomatoes, and onion. If you like, sprinkle with additional shawarma seasoning and dill. Serve with pita wedges.

Salt-Free Shawarma Seasoning In a small bowl combine ½ tsp. each freshly ground black pepper, garlic powder, and ground allspice, and ¼ tsp. each paprika, ground cumin, ground cinnamon, ground cloves, ground nutmeg, ground cardamom, hot chili powder, and dried oregano leaves.

Italian Eggplant and Farro Bowl

pictured on page 45

25 minutes | Makes 1 bowl

Eggplant is cooked into a caponata-inspired mixture in this Italian-style dish. You can substitute 2 cups chopped globe eggplant for the Japanese variety.

- **1 small Japanese eggplant, halved lengthwise and sliced crosswise (2 cups)**
- **1 cup chopped tomato**
- **¼ cup finely chopped onion**
- **3 Tbsp. red wine vinegar**
- **2 cloves garlic, minced**
- **1 tsp. chopped fresh oregano**
- **Dash crushed red pepper**
- **Sea salt, to taste**
- **¾ cup cooked or canned no-salt-added cannellini beans, rinsed and drained**
- **1 Tbsp. slivered fresh basil**
- **1 cup shredded romaine lettuce**
- **¾ cup cooked farro (see Grains Cooking Chart, *opposite*)**
- **1 Tbsp. chopped Kalamata olives**

1. In a large skillet cook eggplant over medium 5 minutes or until browned, stirring frequently and adding water, 1 to 2 Tbsp. at a time, as needed to prevent sticking. Add tomato, onion, 2 Tbsp. of the vinegar, and the garlic. Cook 3 minutes or until onion is tender and liquid is reduced, stirring occasionally. Stir in oregano and crushed red pepper. Season with salt.
2. In a bowl stir together beans, basil, and the remaining 1 Tbsp. vinegar. Arrange romaine, farro, and eggplant mixture in bowl with beans. Top with olives and additional oregano.

PLAN AHEAD >
Cook large batches of grains at a time. Portion cooled grains into airtight containers or resealable plastic freezer bags and freeze up to 3 months.

GRAINS COOKING CHART

This chart provides general guidelines for making the grains called for in these recipes. Use a little more water and longer cooking time if you like very tender grains.

Pour the required amount of water into a 2- or 3-qt. saucepan. Bring to boiling. Slowly add 1 cup grain and return to boiling; reduce heat. Cover and simmer for the time specified or until most of the water is absorbed and grain is tender. Let stand, covered, 10 minutes and fluff with a fork. Drain if necessary.

RICE, BROWN

Dry grain: **1 cup**
Water or broth: **2½ cups**
Cooking time: **40 to 45 minutes**
Yield: **3½ cups**

BARLEY, HULLED

Dry grain: **1 cup**
Water or broth: **3 cups**
Cooking time: **45 to 55 minutes**
Yield: **3½ cups**

RICE, BLACK

Dry grain: **1 cup**
Water or broth: **2 cups**
Cooking time: **30 to 35 minutes**
Yield: **3 cups**

BULGUR

Dry grain: **1 cup**
Water or broth: **2 cups**
Cooking time: **15 minutes**
Yield: **3 cups**

BUCKWHEAT GROATS (KASHA)

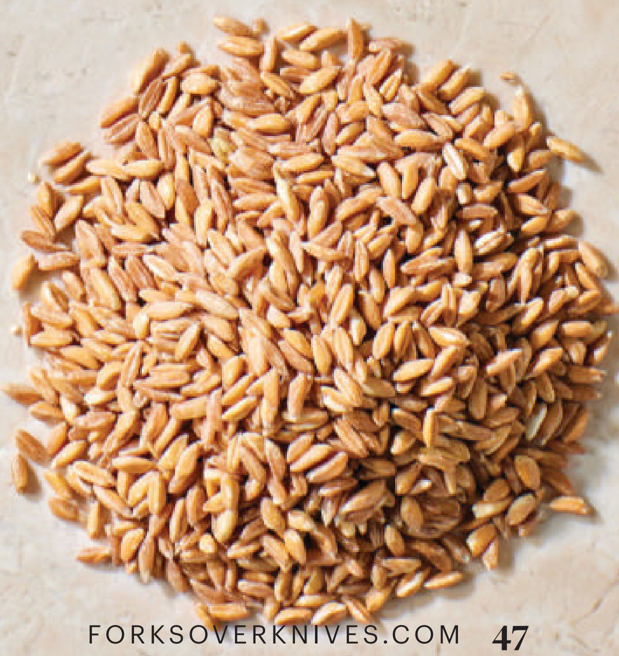
Dry grain: **1 cup**
Water or broth: **2 cups**
Cooking time: **15 to 20 minutes**
Yield: **3 cups**

QUINOA

Dry grain: **1 cup**
Water or broth: **2 cups**
Cooking time: **15 minutes**
Yield: **3 cups**

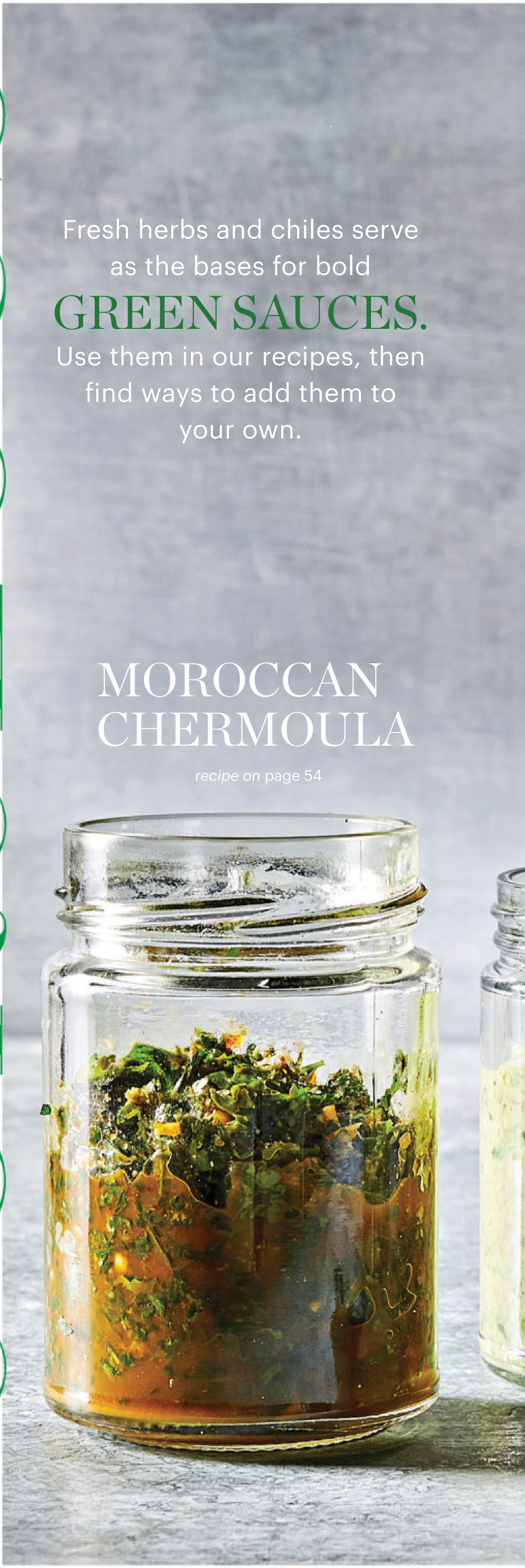
FARRO, PEARLED

Dry grain: **1 cup**
Water or broth: **3 cups**
Cooking time: **25 to 40 minutes**
Yield: **2½ cups**



GREEN & GORGEOUS

Fresh herbs and chiles serve as the bases for bold **GREEN SAUCES.** Use them in our recipes, then find ways to add them to your own.



MOROCCAN CHERMOULA

recipe on page 54

photography Kelsey Hansen | *food styling* Charlie Worthington
recipes Laura Marzen, RD

CREAMY JALAPEÑO SALSA

recipe on page 54

FRENCH HERB SAUCE

recipe on page 54

SPANISH-STYLE OLIVE-HERB SAUCE

recipe on page 54

MUSHROOM “SCALLOPS” WITH SPANISH-STYLE OLIVE-HERB SAUCE

recipe on page 54

WHITE BEAN AND VEGGIE PASTA WITH FRENCH HERB SAUCE

recipe on page 55

SPRING VEGETABLE TAGINE

40 minutes | Makes 10 cups

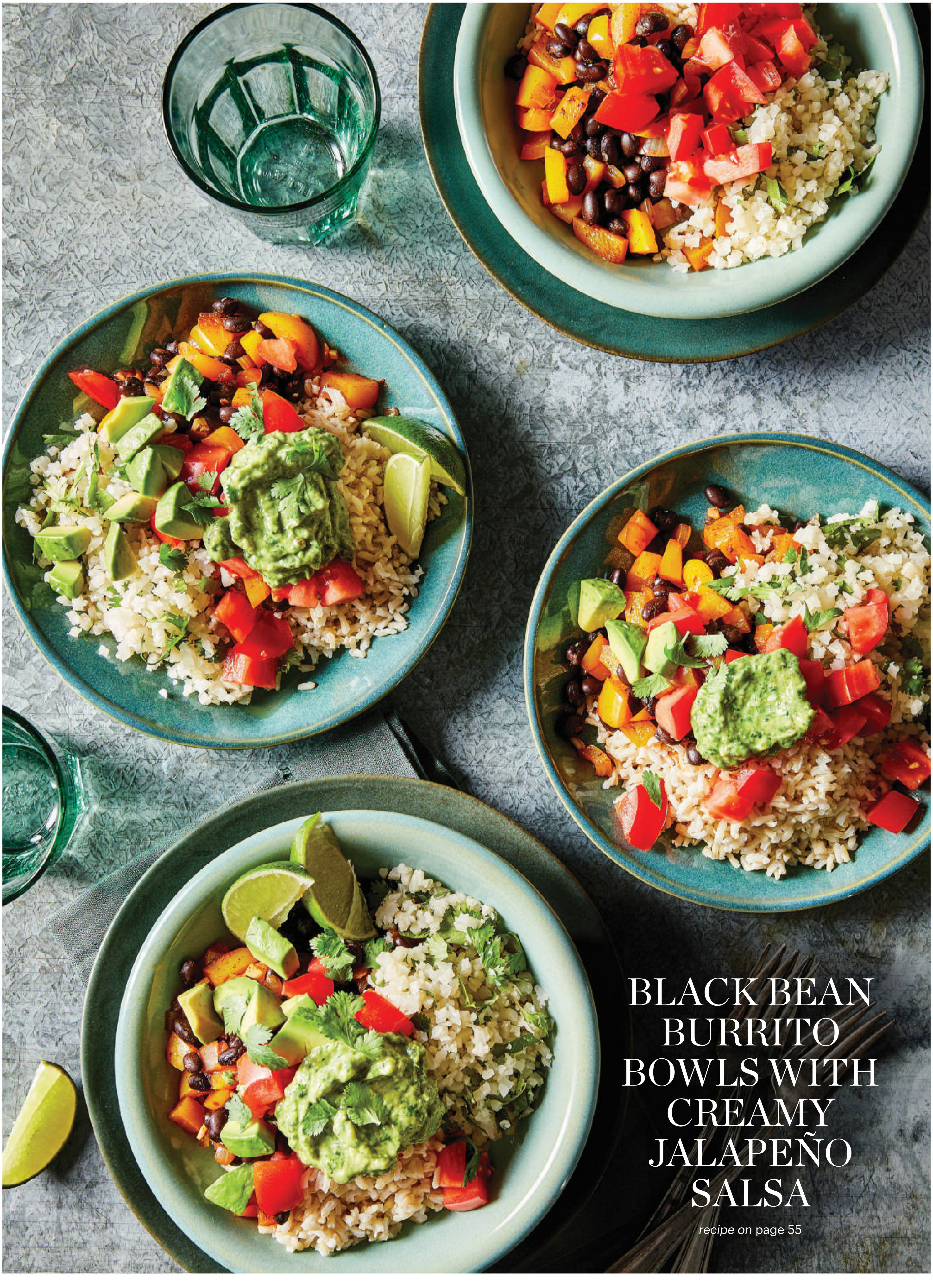
Broiling the vegetables until slightly charred adds deeper flavor to this saucy tagine.

6	medium carrots, coarsely chopped
2	medium shallots, thickly sliced
2½	cups low-sodium vegetable broth
1½	tsp. paprika
1	tsp. ground coriander
¼	tsp. sea salt
¼	tsp. ground allspice
⅛	tsp. ground turmeric
1½	lb. small red potatoes, halved (quartered if large)
2	15-oz. cans no-salt-added chickpeas, rinsed and drained (3 cups)
1½	cups frozen peas
	Pinch saffron threads (optional)
1	preserved lemon or fresh lemon, cut into wedges
1	medium tomato, coarsely chopped
⅓	cup Moroccan Chermoula *(page 54)*

1. Preheat broiler. Line a 15×10-inch baking pan with foil. Arrange carrots and shallots in a single layer in prepared pan. Broil 6 to 8 inches from heat 8 to 10 minutes or until vegetables are lightly charred, turning vegetables once halfway through broiling.

2. Meanwhile, in a 6- to 8-qt. Dutch oven or tagine combine the next six ingredients (through turmeric). Bring to boiling. Add potatoes; reduce heat. Cover and simmer 10 minutes.

3. Stir in carrots, shallots, chickpeas, peas, and saffron (if using). Bury lemon wedges among the vegetables. Return to boiling; reduce heat. Simmer, covered, 5 to 10 minutes more or until vegetables are just tender. Stir in tomato. Top servings with Moroccan Chermoula.



BLACK BEAN BURRITO BOWLS WITH CREAMY JALAPEÑO SALSA

recipe on page 55

Moroccan Chermoula

pictured on page 48

5 minutes | Makes ⅔ cup

This is a great sauce to have in the fridge. In addition to topping our Spring Vegetable Tagine (page 52), try it stirred into hummus or brown rice, or spoon it over roasted sweet potatoes.

1	**tsp. paprika**
½	**tsp. ground cumin**
¼	**tsp. ground ginger**
¼	**tsp. cayenne pepper**
½	**cup low-sodium vegetable broth**
4	**cloves garlic, minced**
2	**cups fresh cilantro leaves**
2	**cups fresh flat-leaf parsley leaves**
1	**tsp. lemon zest**
¼	**cup lemon juice**

1. In a small dry skillet heat paprika, cumin, ginger, and cayenne pepper over medium-low 30 to 60 seconds or until fragrant. Add broth and garlic; cook and stir 1 minute. Remove from heat. Let cool 5 minutes.

2. Transfer broth mixture to a blender. Add the remaining ingredients. Cover and blend until almost smooth but still slightly chunky, scraping sides of bowl as needed. Store in an airtight container in the refrigerator up to 1 week or freeze up to 3 months.

Creamy Jalapeño Salsa

recipe on page 49

1 hour | Makes 1¼ cups

If you like it hot, leave the seeds in the jalapeños and drizzle away!

2	**bulbs garlic (2-inch bulbs)**
3	**small fresh jalapeño chiles, stemmed, halved lengthwise, and seeded (tip, *page 85*)**
1½	**cups lightly packed fresh cilantro leaves**
¼	**cup plain unsweetened soy yogurt or firm silken tofu**
¼	**of a medium avocado, peeled and chopped**
¼	**tsp. lime zest**
3	**Tbsp. lime juice**
⅛	**tsp. sea salt**
⅛	**tsp. cayenne pepper (optional)**

1. Preheat oven to 425°F. Cut the top ½ inch off garlic bulbs so the clove tops are exposed. Place bulbs, cut ends up, in custard cups or small ramekins; cover with foil. Roast 35 to 40 minutes or until very soft. Let cool.

2. Meanwhile, line a small baking pan with foil. Add jalapeño halves, cut sides down. Roast alongside garlic 12 to 15 minutes or until chiles are charred. Pull foil up around chiles and crimp to enclose; let cool.

3. Using a sharp knife, peel skin off chiles. Add chiles to a blender. Squeeze garlic from papery skin into a small bowl. Add garlic to blender. Add the remaining ingredients and ¼ cup water. Cover and blend until smooth, scraping sides of bowl as needed.

French Herb Sauce

pictured on page 49

15 minutes | Makes about 1 cup

This bright green sauce adds tang and herby freshness to anything you spoon it over. Chervil is classic in it, but you can use tarragon if you like.

½	**cup finely chopped shallots**
6	**cloves garlic, minced**
2	**cups packed fresh flat-leaf parsley leaves**
¼	**cup packed fresh chervil or tarragon leaves**
2	**Tbsp. chopped fresh chives**
2	**Tbsp. white wine vinegar**
1	**tsp. Dijon mustard**
1	**tsp. capers, drained (optional)**

1. In a medium skillet cook shallots and garlic with ¼ cup water over medium 3 to 5 minutes or until shallots are crisp-tender. Transfer shallot mixture to a medium bowl.

2. In a blender combine parsley, chervil, chives, vinegar, mustard, and ½ cup water. Cover and blend until nearly smooth, scraping sides of bowl as needed. Add herb mixture to shallot mixture. Stir in capers (if using). Store in an airtight container in the refrigerator up to 3 days.

Spanish-Style Olive-Herb Sauce

pictured on page 49

15 minutes | Makes 1⅓ cups

Green olives add a hit of brininess to this verdant sauce. Besides our mushroom "scallops" recipe (right), *try it on tacos and roasted potatoes.*

1	**medium green bell pepper, finely chopped**
½	**cup finely chopped onion**
2	**Tbsp. sherry vinegar or white wine vinegar**
3	**cloves garlic, minced**
½	**tsp. coarse-grain mustard**
1	**cup chopped fresh parsley**
2	**Tbsp. chopped fresh oregano**
1	**Tbsp. chopped pitted green olives, such as Manzanilla**
⅛	**to ¼ tsp. crushed red pepper (optional)**

1. In a medium skillet cook bell pepper and onion over medium 4 to 6 minutes or until vegetables are tender, stirring occasionally and adding water, 1 to 2 Tbsp. at a time, as needed to prevent sticking. Add vinegar and garlic. Cook 2 to 3 minutes more or until most of the liquid is evaporated. Whisk in mustard. Cool 5 minutes.

2. Transfer pepper mixture to a food processor. Add ½ cup of the parsley, the oregano, olives, crushed red pepper (if using), and 2 Tbsp. water. Process until slightly smooth. Stir in the remaining ½ cup parsley. Store in an airtight container in the refrigerator up to 1 week.

Mushroom "Scallops" with Spanish-Style Olive-Herb Sauce

pictured on page 50

50 minutes | Makes about 20 "scallops" + 6 cups couscous, mushroom stems, and peas

This woodsy-looking dish is almost too pretty to eat, but you won't be able to resist its rich flavors.

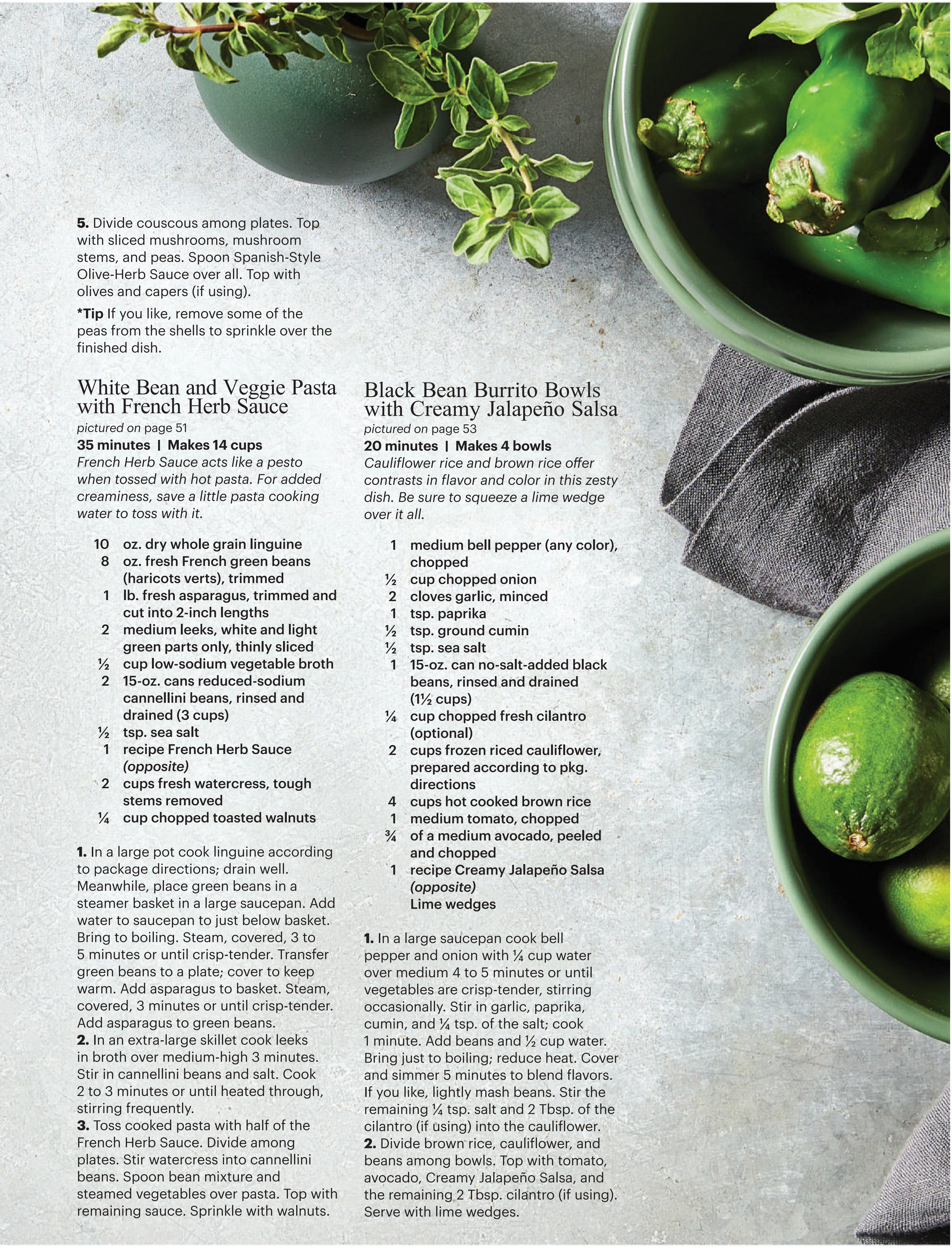
2	**lb. large king oyster mushrooms**
3½	**cups low-sodium vegetable broth**
¼	**tsp. granulated garlic**
¼	**tsp. sea salt**
¼	**tsp. freshly ground black pepper**
2	**cups dry whole wheat pearled couscous**
2	**cups sugar snap peas, trimmed***
1	**recipe Spanish-Style Olive-Herb Sauce *(left)***
½	**cup pitted green olives, such as Manzanilla, coarsely chopped**
1	**Tbsp. capers, drained (optional)**

1. Cut tops off mushrooms. Cut mushroom tops horizontally into 20 thick slices for "scallops." Cut stems into 1- to 1½-inch-thick slices. In a large saucepan bring broth to boiling. Remove from heat. Add mushroom stems. Cover and let stand 20 minutes to soften, turning mushroom stems halfway through if they are not fully submerged.

2. Preheat broiler. Line a large baking sheet with foil. Using a slotted spoon, transfer mushroom stems to paper towels; reserve broth in saucepan. Pat stems dry with additional paper towels. Arrange mushroom stems and sliced mushroom tops on the prepared baking sheet. Sprinkle mushrooms with garlic, salt, and pepper. Broil 4 to 5 inches from heat 14 to 16 minutes or until golden brown, turning pieces halfway through broiling.

3. Meanwhile, add couscous to reserved broth. Bring to boiling; reduce heat. Cover and simmer 10 to 12 minutes or until couscous is tender. Drain any remaining liquid.

4. Heat a large skillet over medium. Add peas. Cook 3 to 5 minutes or until crisp-tender, stirring frequently.



5. Divide couscous among plates. Top with sliced mushrooms, mushroom stems, and peas. Spoon Spanish-Style Olive-Herb Sauce over all. Top with olives and capers (if using).

***Tip** If you like, remove some of the peas from the shells to sprinkle over the finished dish.

White Bean and Veggie Pasta with French Herb Sauce

pictured on page 51

35 minutes | Makes 14 cups

French Herb Sauce acts like a pesto when tossed with hot pasta. For added creaminess, save a little pasta cooking water to toss with it.

10	**oz. dry whole grain linguine**
8	**oz. fresh French green beans (haricots verts), trimmed**
1	**lb. fresh asparagus, trimmed and cut into 2-inch lengths**
2	**medium leeks, white and light green parts only, thinly sliced**
½	**cup low-sodium vegetable broth**
2	**15-oz. cans reduced-sodium cannellini beans, rinsed and drained (3 cups)**
½	**tsp. sea salt**
1	**recipe French Herb Sauce *(opposite)***
2	**cups fresh watercress, tough stems removed**
¼	**cup chopped toasted walnuts**

1. In a large pot cook linguine according to package directions; drain well. Meanwhile, place green beans in a steamer basket in a large saucepan. Add water to saucepan to just below basket. Bring to boiling. Steam, covered, 3 to 5 minutes or until crisp-tender. Transfer green beans to a plate; cover to keep warm. Add asparagus to basket. Steam, covered, 3 minutes or until crisp-tender. Add asparagus to green beans.
2. In an extra-large skillet cook leeks in broth over medium-high 3 minutes. Stir in cannellini beans and salt. Cook 2 to 3 minutes or until heated through, stirring frequently.
3. Toss cooked pasta with half of the French Herb Sauce. Divide among plates. Stir watercress into cannellini beans. Spoon bean mixture and steamed vegetables over pasta. Top with remaining sauce. Sprinkle with walnuts.

Black Bean Burrito Bowls with Creamy Jalapeño Salsa

pictured on page 53

20 minutes | Makes 4 bowls

Cauliflower rice and brown rice offer contrasts in flavor and color in this zesty dish. Be sure to squeeze a lime wedge over it all.

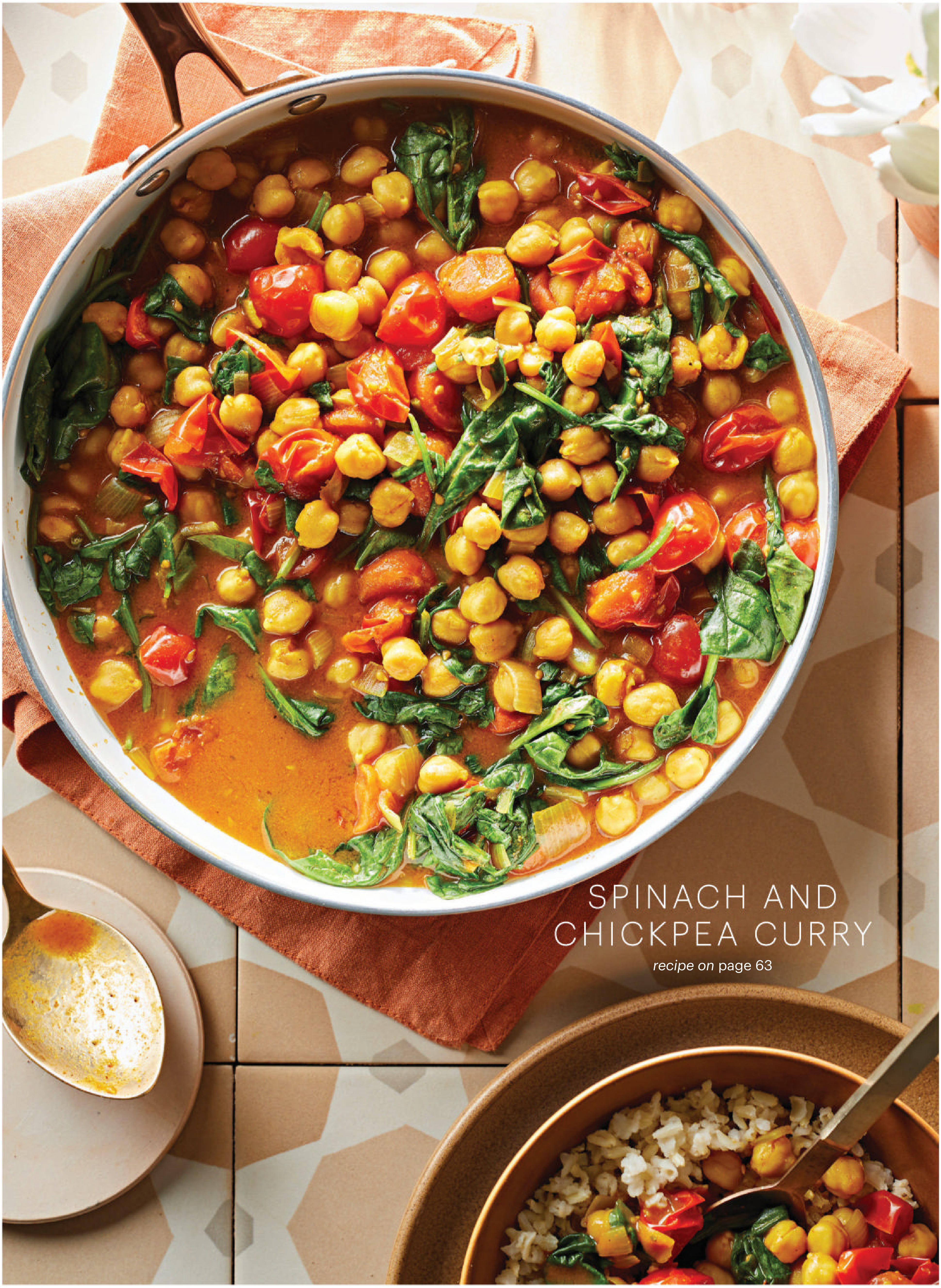
1	**medium bell pepper (any color), chopped**
½	**cup chopped onion**
2	**cloves garlic, minced**
1	**tsp. paprika**
½	**tsp. ground cumin**
½	**tsp. sea salt**
1	**15-oz. can no-salt-added black beans, rinsed and drained (1½ cups)**
¼	**cup chopped fresh cilantro (optional)**
2	**cups frozen riced cauliflower, prepared according to pkg. directions**
4	**cups hot cooked brown rice**
1	**medium tomato, chopped**
¾	**of a medium avocado, peeled and chopped**
1	**recipe Creamy Jalapeño Salsa *(opposite)***
	Lime wedges

1. In a large saucepan cook bell pepper and onion with ¼ cup water over medium 4 to 5 minutes or until vegetables are crisp-tender, stirring occasionally. Stir in garlic, paprika, cumin, and ¼ tsp. of the salt; cook 1 minute. Add beans and ½ cup water. Bring just to boiling; reduce heat. Cover and simmer 5 minutes to blend flavors. If you like, lightly mash beans. Stir the remaining ¼ tsp. salt and 2 Tbsp. of the cilantro (if using) into the cauliflower.
2. Divide brown rice, cauliflower, and beans among bowls. Top with tomato, avocado, Creamy Jalapeño Salsa, and the remaining 2 Tbsp. cilantro (if using). Serve with lime wedges.

Fresh SKILLET SUPPERS

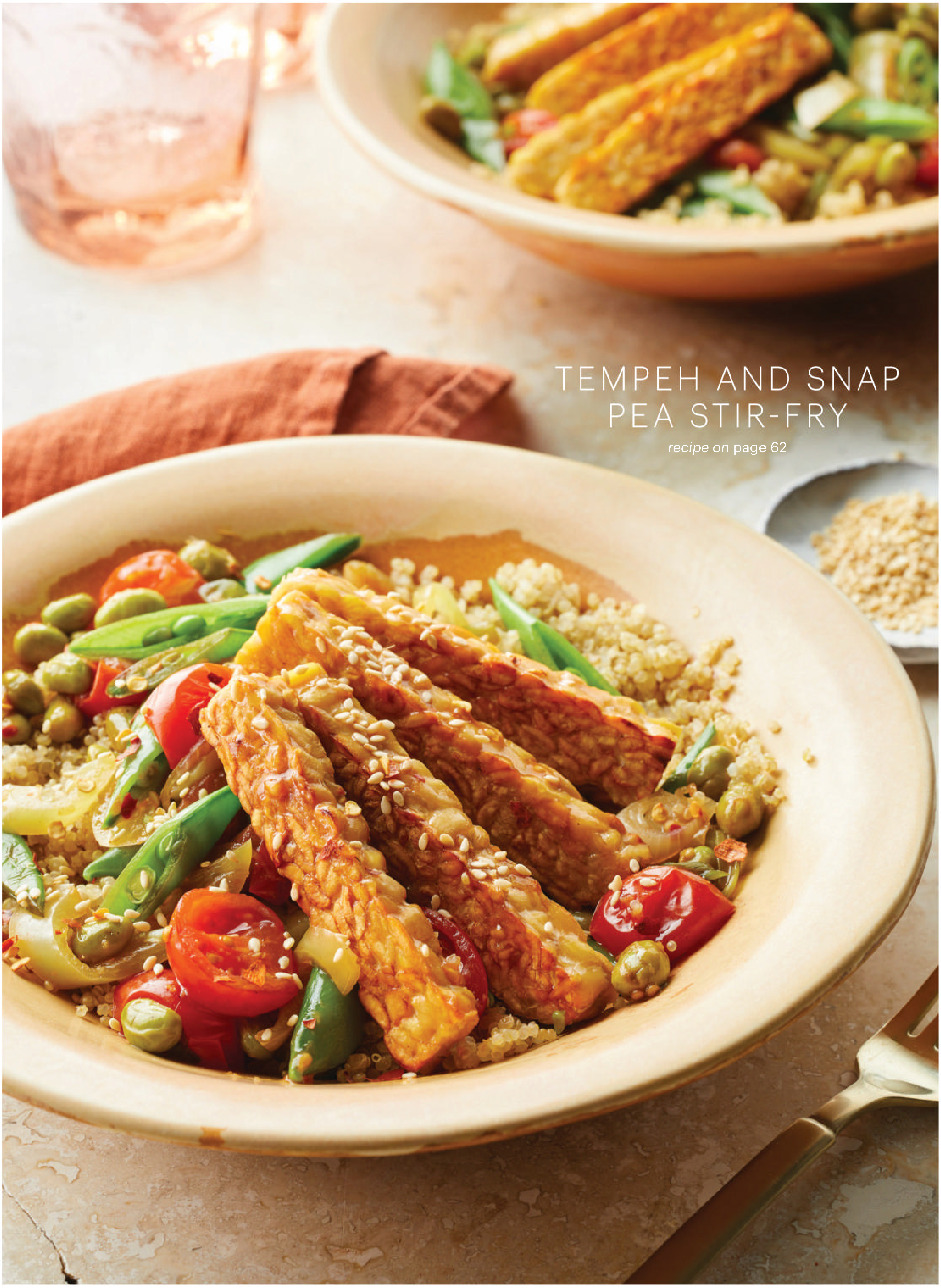
Sweet baby vegetables, delicate greens, and tender aromatics found only in the spring get gentle, quick cooking on the stove top for healthy, satisfying meals.

photography Jacob Fox | *food styling* Lauren McAnelly | *recipes* Ellen Boeke



SPINACH AND CHICKPEA CURRY

recipe on page 63



TEMPEH AND SNAP PEA STIR-FRY

recipe on page 62

SPANISH-STYLE FAVA BEANS

recipe on page 63

GARDEN-FRESH GNOCCHI

recipe on page 63

CREAMY ARUGULA ORZO SKILLET

recipe on page 63

Za’atar Carrots and Lentils

1 hour 5 minutes | Makes 9 cups

Sweet raisins play off salty olives in this colorful dish. Add a little something extra by topping it with the Moroccan Chermoula from page 54.

1 lb. multicolor baby carrots, peeled, trimmed, and halved lengthwise
1 Tbsp. pure maple syrup
2 tsp. Salt-Free Za’atar Seasoning
1⅔ cups dry French lentils, rinsed and drained
2 cups low-sodium vegetable broth
½ cup chopped onion
2 Tbsp. no-salt-added tomato paste
2 sprigs fresh thyme
¾ cup pitted Castelvetrano olives, coarsely chopped
¼ cup golden raisins
¼ cup chopped garlic scapes or scallions
1 tsp. lemon zest
Lemon wedges

1. In an extra-large nonstick skillet combine carrots, maple syrup, za’atar seasoning, and ¼ cup water. Cover and cook over medium 14 to 16 minutes or until carrots are tender. Uncover; cook 1 minute or until carrots are glazed and golden, stirring occasionally. Remove from skillet.

2. In the same skillet combine the next five ingredients (through thyme) and 1½ cups water. Bring to boiling; reduce heat. Cover and simmer 25 to 30 minutes or until lentils are tender. Remove and discard thyme.

3. Stir in olives, raisins, garlic scapes, and lemon zest. Place carrots on top. Cover and heat through. If you like, sprinkle with additional za’atar seasoning. Serve with lemon wedges.

Salt-Free Za’atar Seasoning Combine 1 Tbsp. each ground sumac and ground dried thyme with 1 tsp. each sesame seeds and freshly ground black pepper.

Tempeh and Snap Pea Stir-Fry

pictured on page 58

30 minutes | Makes 4 cups stir-fry + 4 cups quinoa

Use red, white, or tricolor quinoa in this hearty dish, or swap in any favorite grain.

¼ cup low-sodium vegetable broth
1 Tbsp. reduced-sodium soy sauce
1 Tbsp. brown rice vinegar
2 tsp. arrowroot powder
1 tsp. grated fresh ginger
¼ tsp. crushed red pepper
1 8-oz. pkg. tempeh, halved crosswise then cut into ¼-inch-thick slices
3 cups fresh sugar snap peas, halved diagonally
1¼ cups fresh or frozen shelled edamame
2 banana peppers, seeded and sliced (½ cup)
¾ cup sliced spring onions or small sweet onions
¼ cup bias-sliced garlic scapes or scallions

1½ cups cherry tomatoes, halved
4 cups hot cooked quinoa
2 tsp. sesame seeds, toasted

1. For sauce, in a small bowl combine the first six ingredients (through crushed red pepper) and ½ cup water. Mix well.
2. In a large wok or an extra-large skillet cook tempeh over high 5 minutes or until browned, turning once. Remove from skillet. Add the next five ingredients (through garlic scapes) to wok; cook and stir over high 3 minutes, adding water, 1 to 2 Tbsp. at a time, as needed to prevent sticking. Add tempeh and tomatoes; cook and stir 2 minutes or until vegetables are just tender.
3. Stir sauce and add to wok. Mix well; cook and stir 1 minute or until sauce is thickened. Serve over quinoa and sprinkle with sesame seeds.

Garden-Fresh Gnocchi

pictured on page 60

35 minutes | Makes 10 cups

Saucy, colorful, fresh, and satisfying—this dish hits all the right notes.

1 cup chopped red bell pepper
¾ cup chopped onion
2 Tbsp. chopped green garlic, garlic scapes, or scallions
3 cups chopped tomatoes
2½ cups low-sodium vegetable broth
1 medium zucchini, quartered lengthwise and sliced ½ inch thick (2 cups)
2 Tbsp. no-salt-added tomato paste
1 14- to 16-oz. pkg. shelf-stable whole wheat or spinach gnocchi
2 15-oz. cans white beans, rinsed and drained (3 cups)
¼ cup chopped sun-dried tomatoes (not oil-packed)
1 Tbsp. red wine vinegar
Sea salt and freshly ground black pepper, to taste
Chopped fresh basil
Nutritional yeast (optional)

1. In a deep extra-large nonstick skillet cook bell pepper, onion, and garlic over medium 5 minutes or until crisp-tender, stirring occasionally and adding water, 1 to 2 Tbsp. at a time, as needed to prevent sticking.
2. Stir in fresh tomatoes, broth, zucchini, and tomato paste. Simmer, uncovered, 6 minutes or until zucchini is just tender, stirring occasionally. Bring to boiling. Stir in gnocchi. Cook, uncovered, 3 minutes or until tender, stirring once or twice. Remove from heat. Stir in beans, sun-dried tomatoes, and vinegar. Season with salt and black pepper. Sprinkle servings with basil and nutritional yeast (if using).

Spinach and Chickpea Curry

pictured on page 57

35 minutes | Makes 6 cups curry + 4 cups rice

Look for unsweetened coconut milk with other refrigerated plant milks. It adds creamy coconut flavor with less fat than canned coconut milk.

½ cup chopped shallots
3 cups cherry tomatoes, halved
2 Tbsp. chopped green garlic, garlic scapes, or scallions
1 Tbsp. no-salt-added tomato paste
1 tsp. curry powder
1 tsp. garam masala
½ tsp. ground turmeric
½ tsp. ground cumin
¼ tsp. ground cinnamon
¼ tsp. ground ginger
¼ tsp. sea salt
⅛ to ¼ tsp. cayenne pepper
2 15-oz. cans no-salt-added chickpeas, undrained
¼ to ½ cup refrigerated unsweetened plain coconut milk
4 cups fresh baby spinach
4 cups hot cooked brown rice

1. In an extra-large nonstick skillet cook shallots over medium 2 minutes or until tender, stirring occasionally and adding water, 1 to 2 Tbsp. at a time, as needed to prevent sticking. Stir in tomatoes and garlic; cook and stir 2 minutes. Stir in the next nine ingredients (through cayenne pepper); cook and stir 2 minutes. Stir in chickpeas until combined. Stir in coconut milk.
2. Bring to boiling; reduce heat. Simmer, uncovered, 7 to 10 minutes or until thickened and creamy. Add spinach. Stir until spinach is wilted. Serve over rice.

Creamy Arugula Orzo Skillet

pictured on page 61

25 minutes | Makes 4¾ cups

Using orzo gives this pasta dish a risotto-like quality. It is creamy and rich-tasting without being heavy.

½ cup chopped shallots
2 cups dried whole wheat orzo
4 cloves garlic, minced
3 cups low-sodium vegetable broth
1 Tbsp. chopped fresh thyme
1 15-oz. can no-salt-added cannellini beans, rinsed and drained (1½ cups)
½ cup unsweetened, unflavored plant milk, such as almond, soy, cashew, or oat
2 tsp. lemon zest
3 Tbsp. lemon juice
2 Tbsp. nutritional yeast
¼ tsp. crushed red pepper
6 cups fresh arugula leaves
2 Tbsp. toasted pine nuts
Lemon wedges

1. In a deep extra-large nonstick skillet cook shallots over medium 3 minutes or until tender, stirring occasionally and adding water, 1 to 2 Tbsp. at a time, as needed to prevent sticking. Stir in orzo and garlic; cook and stir 1 minute. Carefully stir in broth and thyme. Bring to boiling; reduce heat. Simmer, uncovered, 6 minutes or until orzo is tender, stirring occasionally.
2. Meanwhile, in a blender combine the next six ingredients (through crushed red pepper). Cover and blend until smooth and creamy.
3. Stir bean mixture into skillet. Cook 2 minutes or until thickened and creamy. Stir in arugula until wilted. Sprinkle with pine nuts. Serve with lemon wedges.

Spanish-Style Fava Beans

pictured on page 59

25 minutes | Makes 9 cups

Fava beans are firm and hearty, but canned favas can be hard to find. If you like, use creamy butter beans or cook up a batch of dried fava beans.

1 cup chopped yellow onion
3 or 4 cloves garlic, minced
1½ tsp. smoked paprika
3 cups shelled fresh English peas or frozen green peas
2 cups coarsely chopped roma tomatoes
1 15-oz. can fava beans or no-salt-added butter beans, rinsed and drained (2 cups)
⅔ cup low-sodium vegetable broth
¼ cup chopped fresh parsley
2 Tbsp. sherry vinegar
¼ tsp. freshly ground black pepper
4 cups hot cooked brown rice or barley

1. In a large skillet cook onion over medium 3 minutes or until tender, stirring occasionally and adding water, 1 to 2 Tbsp. at a time, as needed to prevent sticking. Stir in garlic and paprika. Cook and stir 1 minute. Stir in the next four ingredients (through broth). Bring to boiling; reduce heat. Simmer, uncovered, 5 minutes or until tomatoes are broken down and mixture is saucy, stirring occasionally.
2. Stir in parsley, vinegar, and pepper. Serve over rice.

Soft steamed bread stuffed generously with a piping hot, flavorful medley of veggies—it doesn't get much better than bao. Choose from three savory fillings for these luscious Chinese-style buns.

TAKE A BAO

photography Brie Passano | *food styling* Annie Probst | *recipes* Hannah Che

BOK CHOY AND SHIITAKE MUSHROOM FILLING

recipe on page 67

ZUCCHINI, TOFU, AND CARROT FILLING

recipe on page 67

FIVE-SPICE KABOCHA SQUASH FILLING

recipe on page 67

TO FREEZE

Freeze steamed buns in a single layer on a parchment-lined baking sheet; transfer to a freezer bag. Freeze up to 2 months. To reheat, steam 7 to 8 minutes or wrap buns in a damp paper towel and microwave on high 40 seconds.

VEGAN BAO

2 hours 30 minutes | Makes 20 buns

You can make the dough a day ahead and let it rise in the refrigerator overnight. Multitier bamboo steamer baskets allow you to steam many buns at once, but you can use a metal steamer basket too.

1	Tbsp. pure cane sugar
1¼	tsp. active dry yeast
360	grams white whole wheat flour (3 cups), plus more for dusting
1	tsp. baking powder
1	recipe Zucchini, Tofu, and Carrot Filling; Bok Choy and Shiitake Mushroom Filling; or Five-Spice Kabocha Squash Filling *(opposite)*
1	recipe Bao Dipping Sauce *(opposite)*

1. In a large bowl combine sugar, yeast, and 1¼ cups warm water (105°F to 115°F); stir to dissolve. Let stand 5 to 10 minutes or until small bubbles appear on the surface. Add flour and baking powder; stir with a fork or pair of chopsticks until large flakes form. Using your hands, knead mixture vigorously until a smooth, elastic dough forms, about 15 minutes. Return dough to bowl; cover with a damp clean kitchen towel or plate, and let rise in a warm place until dough doubles in size, 60 to 90 minutes. Meanwhile, prepare desired filling.

2. On a clean, lightly floured surface, knead dough vigorously 5 minutes or until there are no air bubbles and dough is very smooth. Shape dough into a 1½-inch-thick log. Slice into 20 equal pieces (about the size of golf balls). Cut twenty 4-inch squares of parchment paper.

3. Lightly dust dough pieces with flour. Flatten each piece with your palm into a flat disk. Using a thin rolling pin, roll a disk into a circle about 3½ inches in diameter, thicker in the center and thinner at the edges. Dust with flour and transfer to a parchment square to prevent sticking. Set aside and cover with a clean kitchen towel to prevent drying. Repeat to make 20 disks.

4. Hold one disk in the palm of your nondominant hand, and place about 2½ Tbsp. filling in the center, leaving a ¾-inch border. Using your dominant hand, pinch the edge of the disk with your thumb and index finger to create a pleat, then extend your index finger to pinch another pleat to overlap with the first. Continue this process around the edge until the dough encloses the filling like a pouch, rotating it in your palm as you go. Pinch the top of the bun closed; set aside on a parchment square and cover with a kitchen towel. Repeat with the remaining dough disks and filling to form 20 buns.

5. Fill a large pot with 2 inches of water. Set a two-tier bamboo steamer basket inside the pot. (The water should not reach the bottom of the steamer.) Bring water to boiling; place as many buns on parchment squares as will fit in the baskets, spacing 1½ inches apart. (Place remaining buns in the refrigerator while you work.) Cover basket. Steam buns over boiling water 8 minutes; turn off heat and let sit, covered, 5 minutes. Uncover and transfer to a plate or wire rack. Steam remaining buns, replenishing water in pot as necessary. Serve hot or at room temperature with Bao Dipping Sauce.

Bao Dipping Sauce In a small bowl stir together 1 Tbsp. each low-sodium soy sauce, brown rice vinegar, pure cane brown sugar, and sriracha sauce. Stir in 1 tsp. minced garlic until well combined.

ZUCCHINI, TOFU, AND CARROT FILLING

pictured on page 65

30 minutes | Makes 3¼ cups

Thready, colorful strands of stir-fried zucchini and carrot add nourishing bulk and flavor to this tofu-based filling. A little sweet and a little savory, every bite is moist and punctuated with the aromas of scallion and garlic. You know it's delicious when you can eat it straight from the bowl.

1 medium zucchini or other summer squash, finely shredded (2 cups)
¼ tsp. sea salt
1 14-oz. pkg. extra-firm tofu, squeezed to remove liquid and coarsely crumbled
3 scallions, finely chopped
3 cloves garlic, minced
1 medium carrot, finely julienned or shredded (½ cup)
1 Tbsp. pure cane sugar
1 Tbsp. vegetarian oyster sauce or reduced-sodium soy sauce

1. In a bowl toss zucchini with salt; set aside 10 minutes. Spread zucchini on a clean kitchen towel. Gather ends of the towel together, hold the bundle over the sink, and twist the towel tightly to squeeze out excess moisture. (Don't rinse off the salt.) Return to bowl.

2. Heat a large nonstick skillet over medium-high. Add tofu; cook 5 minutes or until tofu starts sticking and lightly browning, stirring occasionally. Transfer to bowl with zucchini.

3. In the same skillet combine scallions and garlic; cook over medium-high until fragrant, stirring constantly. Add carrot; cook 2 minutes more or until carrot softens slightly, stirring constantly. Transfer to bowl with tofu. Add sugar and oyster sauce. Stir to combine. Season with salt to taste. (The filling should be very flavorful.)

BOK CHOY AND SHIITAKE MUSHROOM FILLING

pictured on page 65

25 minutes | Makes 3¼ cups

All you need to coax out the flavors of bok choy and mushrooms is a touch of garlic and ginger. Both ingredients are high in water content, so be sure to blanch and squeeze the bok choy and brown the mushrooms to guarantee a flavorful filling. To cut down on prep time, pulse the mushrooms in a food processor.

1 lb. bok choy, ends trimmed and washed thoroughly to remove grit
1 lb. fresh shiitake mushrooms (or a mix of shiitake, oyster, and porcini mushrooms), finely chopped
3 scallions, finely chopped
2 to 3 tsp. grated fresh ginger
3 cloves garlic, minced
1 Tbsp. reduced-sodium soy sauce
1 tsp. pure cane sugar
⅛ tsp. sea salt

1. Fill a large bowl with ice water. Bring a large pot of water to boiling. Submerge bok choy in boiling water 1 minute or until vibrant green and stalks are crisp-tender. Use tongs to transfer bok choy to ice water. Once bok choy is completely cool, drain well. Chop or pulse in a food processor until coarsely chopped. Transfer to a clean kitchen towel and squeeze out excess water.

2. Heat an extra-large nonstick skillet over medium-high. Add mushrooms and scallions. Cook until mushrooms have released their liquid, stirring occasionally. Cook 4 minutes more or until mushrooms are seared and browned. Add ginger, garlic, soy sauce, and sugar; cook until liquid has evaporated. In a large bowl stir together mushrooms, bok choy, and salt. Taste and adjust seasoning as needed. (The filling should be very flavorful.)

FIVE-SPICE KABOCHA SQUASH FILLING

pictured on page 65

20 minutes | Makes 4 cups

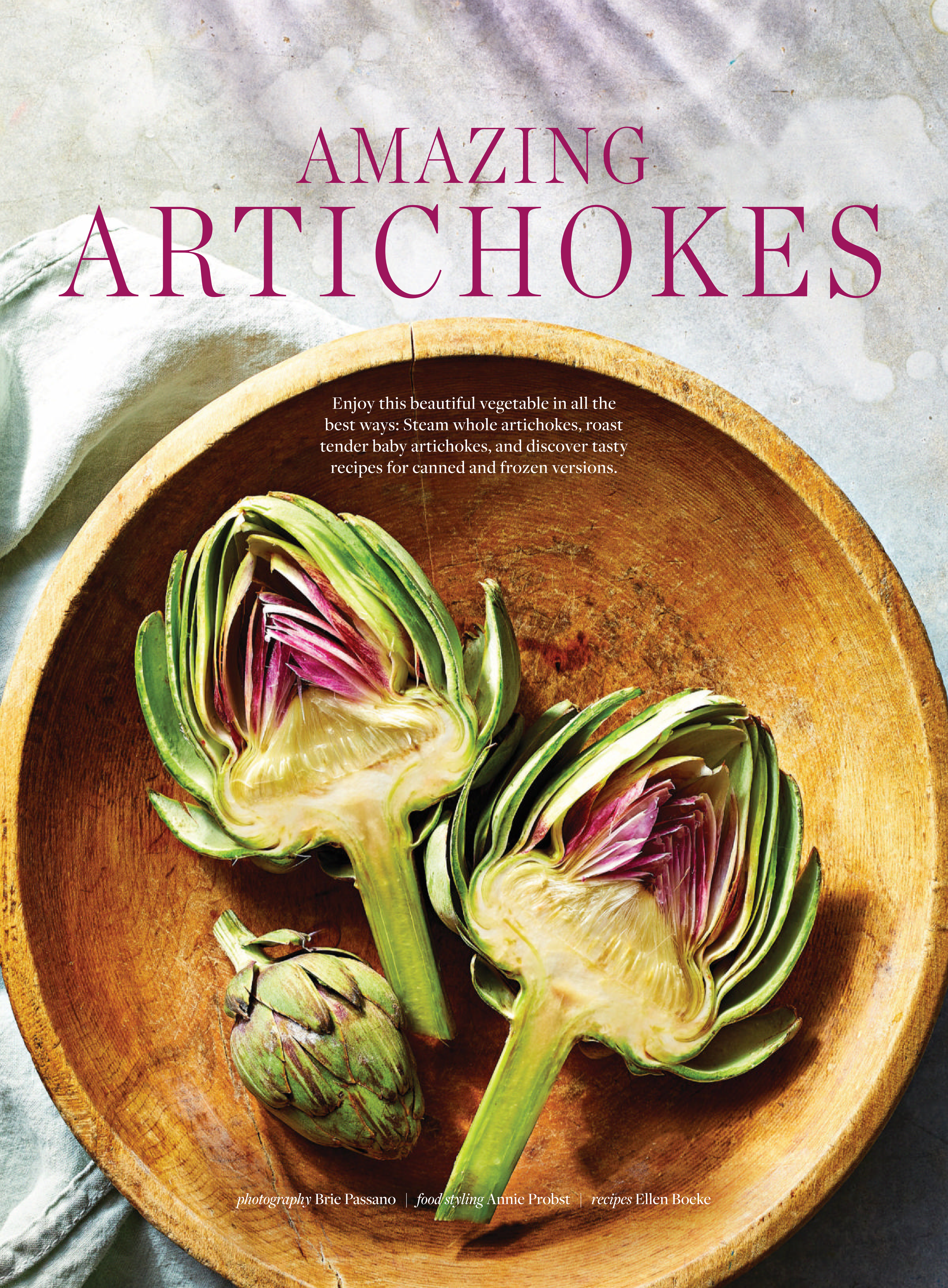
Flavored with cumin and Chinese five-spice, diced kabocha squash becomes soft and tender when steamed inside a bun. This filling has a comforting balance of earthy sweetness and heat, with caramelized onion and a bit of crushed red pepper.

1 cup finely chopped onion
1 Tbsp. reduced-sodium soy sauce
1 2-lb. kabocha or red kuri squash, peeled, seeded, and chopped (4 cups)
2 Tbsp. pure cane sugar
½ tsp. sea salt
½ tsp. Chinese five-spice powder
½ tsp. crushed red pepper
½ tsp. ground cumin

1. Heat a nonstick saucepan over medium-high. Add onion and 1 Tbsp. water. Cook 5 minutes or until onion is slightly translucent and fragrant, stirring frequently and adding water, 1 to 2 Tbsp. at a time, as needed to prevent sticking. Add soy sauce; cook until liquid evaporates, stirring frequently. Transfer to a food processor. Add the remaining ingredients. Pulse until finely chopped. Use immediately.

AMAZING ARTICHOKES

Enjoy this beautiful vegetable in all the best ways: Steam whole artichokes, roast tender baby artichokes, and discover tasty recipes for canned and frozen versions.



photography Brie Passano | *food styling* Annie Probst | *recipes* Ellen Boeke

PRESSURE-STEAMED WHOLE ARTICHOKES

30 minutes | Makes 4 artichokes

Use your electric pressure cooker to make perfectly steamed whole artichokes.

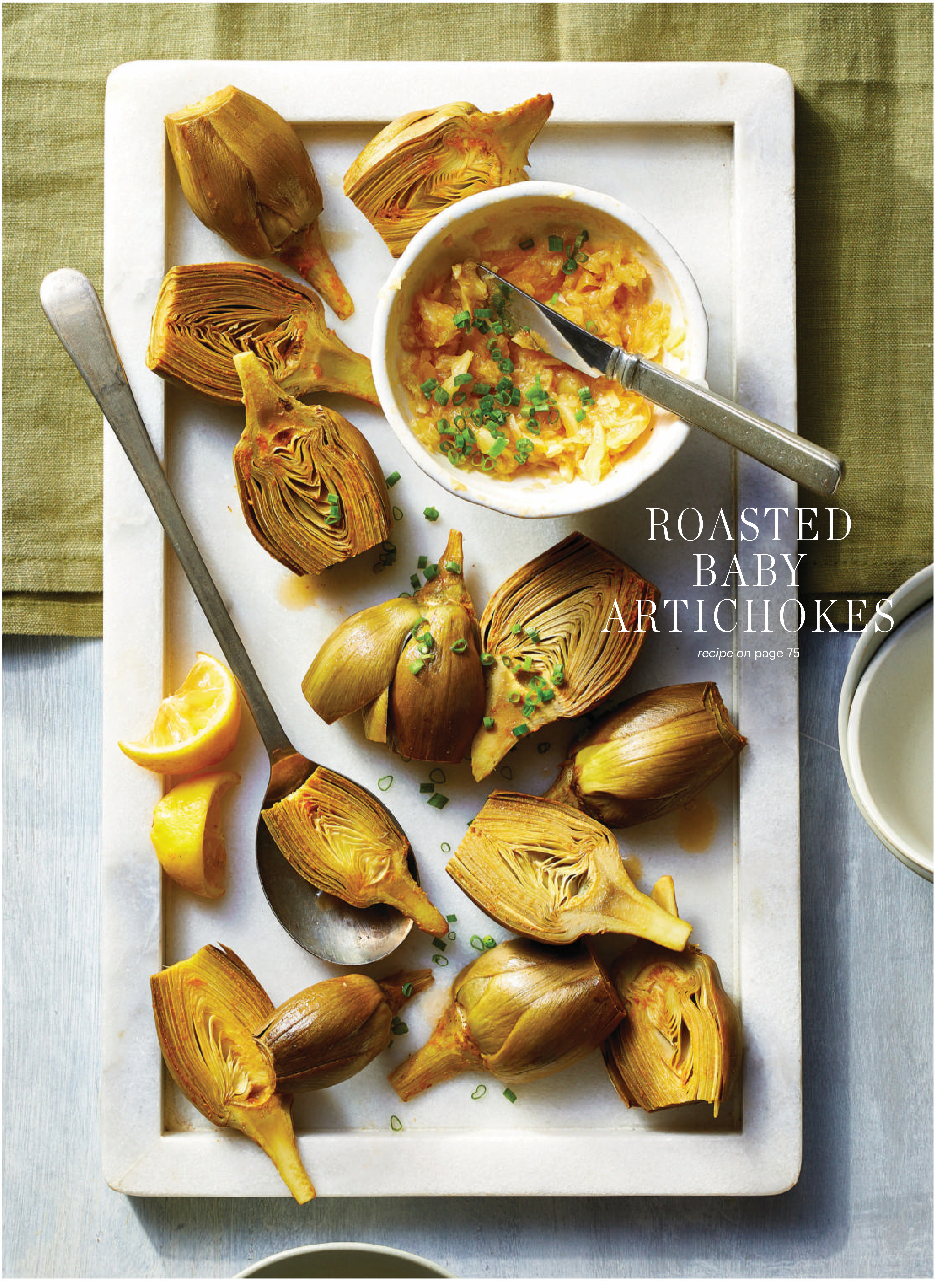
- **2 Tbsp. lemon juice**
- **1 clove garlic, minced**
- **¼ tsp. freshly ground black pepper**
- **4 small fresh globe artichokes (8 oz. each)**
- **2 lemon wedges**
- **1 cup Lemon Aïoli Dipping Sauce**

1. In a bowl stir together lemon juice, garlic, and pepper. Trim stems from artichokes and remove tough outer leaves. Cut about 1 inch off the top of each artichoke; snip off the sharp leaf tips. Gently loosen leaves and brush lemon juice mixture onto cut edges, working the brush between leaves.

2. Place wire rack in a 6-qt. electric multicooker. Place artichokes and lemon wedges on the wire rack. Add 2 cups water. Lock lid in place; set pressure valve to sealing. Set cooker on high pressure to cook 18 minutes. Carefully quick-release pressure according to manufacturer's directions. Open lid carefully.

3. Serve artichokes with Lemon Aïoli Dipping Sauce. To eat, pull leaves from artichokes, dip in sauce, gently bite down, and scrape off tender part of leaves as you pull them out from between your teeth. When the leaves are gone, scrape away the fuzzy choke with a spoon, then use a knife and fork to cut out and eat the artichoke heart.

Lemon Aïoli Dipping Sauce In a blender combine one 12.3-oz. pkg. extra-firm silken-style tofu, ¼ cup lightly packed fresh parsley, 2 Tbsp. lemon juice, 1 clove garlic, and a pinch cayenne pepper. Cover and blend until smooth and creamy. Chill before serving. *Makes 1½ cups.*

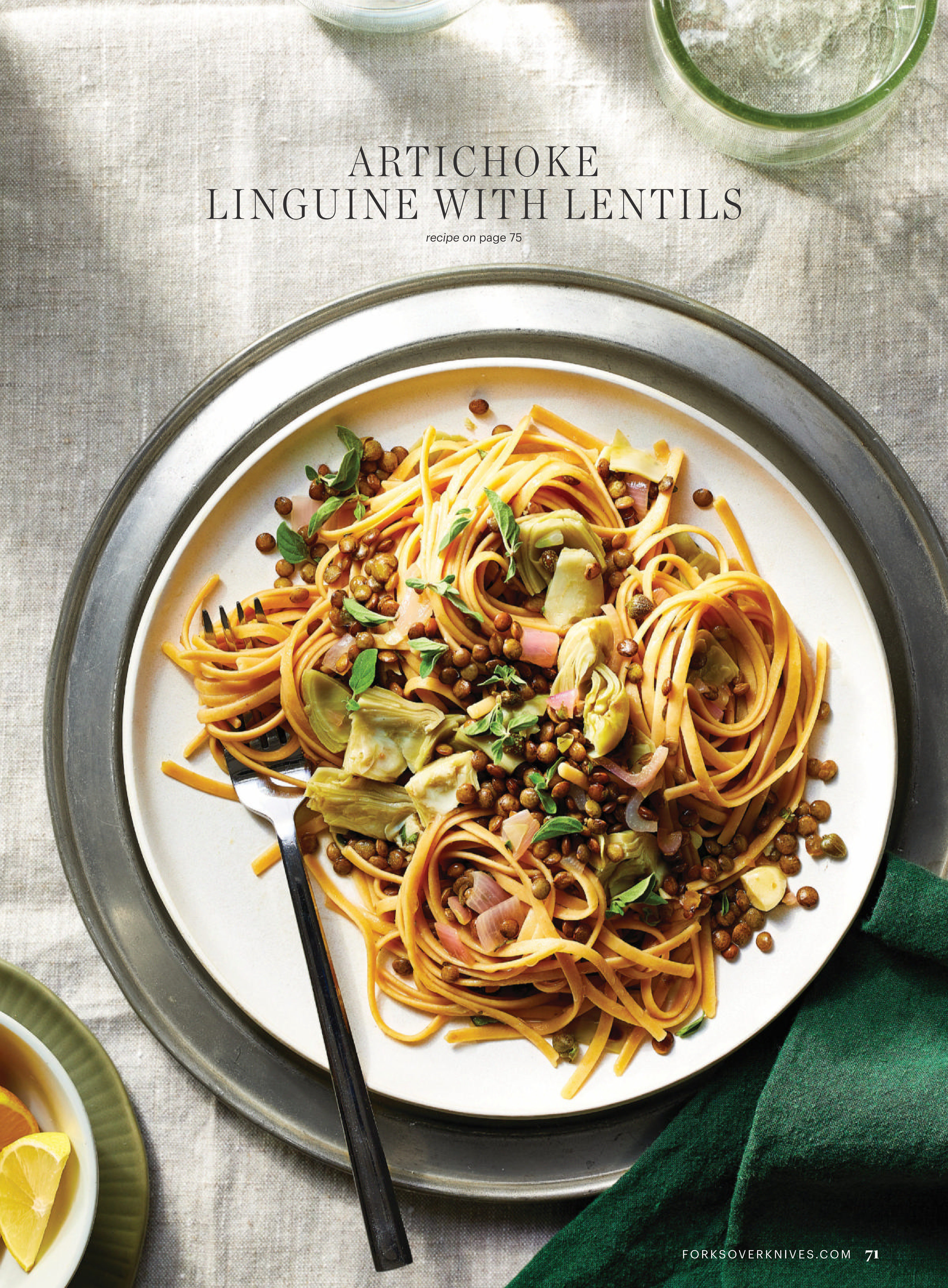


ROASTED BABY ARTICHOKES

recipe on page 75

ARTICHOKE LINGUINE WITH LENTILS

recipe on page 75



ARTICHOKE PESTO SPREAD

25 minutes | Makes 1 cup

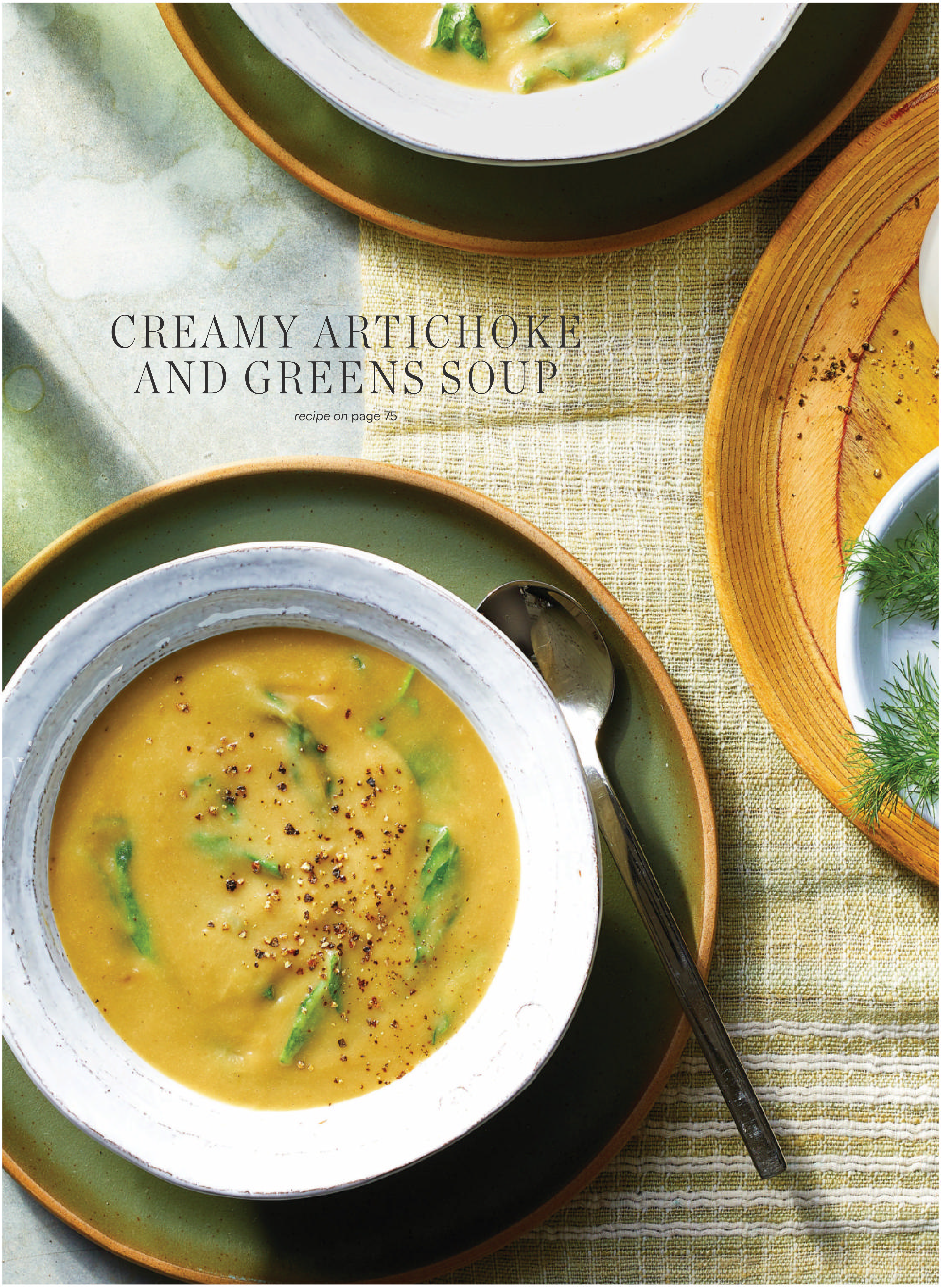
Smear this bright, herby spread on toasted baguette slices, serve it as a dip for fresh vegetables or whole grain chips, or spread it on a sandwich.

1	**Tbsp. raw cashews**
½	**of a 12-oz. pkg. frozen artichoke hearts, thawed (1 cup)**
½	**cup packed fresh basil**
½	**cup packed fresh parsley**
1	**cup low-sodium vegetable broth**
2	**Tbsp. white wine vinegar**
1	**Tbsp. nutritional yeast**
2	**cloves garlic, coarsely chopped**
¼	**tsp. freshly ground black pepper**

1. Place cashews in a small saucepan with enough water to cover. Bring to boiling; reduce heat. Simmer, uncovered, 10 minutes. Drain.

2. Place cashews in a food processor with the remaining ingredients and 1 cup water. Process to reach desired consistency, stopping to scrape down sides of processor as needed. Serve as a dip or spread.

To Store Place plastic wrap directly on the surface of the spread to prevent browning. Store in the refrigerator up to 3 days.



CREAMY ARTICHOKE AND GREENS SOUP

recipe on page 75

ARTICHOKE-QUINOA STUFFED MUSHROOMS

30 minutes | Makes 4 stuffed mushrooms

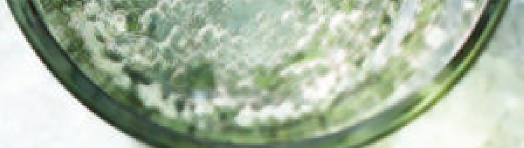
Top these robust stuffed mushrooms with a bright, creamy aïoli. Be sure to serve with toasted baguette slices to scoop up every bit of stuffing.

2½	**cups low-sodium vegetable broth**
1	**cup tricolor quinoa**
1	**cup chopped canned or frozen artichoke hearts**
½	**cup shredded radishes**
⅓	**cup roasted shelled pistachios, chopped**
¼	**cup chopped sun-dried tomatoes (not oil-packed)**
2	**Tbsp. chopped fresh flat-leaf parsley**
4	**5-inch fresh portobello mushrooms, stems and gills removed**
½	**cup Lemon Aïoli Dipping Sauce *(page 69)***
¼	**cup sliced scallions**
	Freshly ground black pepper
8	**oz. whole grain baguette-style French bread, sliced and toasted**

1. In a medium saucepan bring broth to boiling; stir in quinoa. Return to boiling; reduce heat. Cover and simmer 15 minutes or until most of the liquid is absorbed. Stir in the next five ingredients (through parsley); heat through. Keep warm.

2. Heat a grill pan over medium. Add mushrooms to hot pan; tent with foil or a domed lid, and grill 8 to 10 minutes or until tender, turning once. Remove from heat.

3. Place mushrooms, stemmed sides up, on serving plates. Spoon quinoa mixture into mushrooms. Spoon Lemon Aïoli Dipping Sauce over mushrooms. (If necessary, thin sauce with a little water.) Sprinkle with scallions and pepper. Serve with toasted baguette slices.



ROASTED BABY ARTICHOKES

pictured on page 70

50 minutes | Makes 16 artichoke halves

When you're lucky enough to find baby artichokes, prepare them in this simple manner to bring out their best.

1 lemon half
8 fresh baby artichokes (about 13 oz. total)
4 lemon wedges
8 cloves garlic, peeled, trimmed, and halved lengthwise
2 to 4 Tbsp. low-sodium vegetable broth or water
Freshly ground black pepper, to taste
Chopped fresh chives

1. Preheat oven to 400°F. Fill a large bowl with cold water and squeeze in juice from lemon half. Add lemon half to water. To prepare artichokes, peel off three or four layers of the dark green outer leaves, stopping when the leaves turn a light yellow-green. Trim off the ends of the stems, then use a vegetable peeler to peel away any leaves or tough skin on the remaining stems. Cut ½ inch off the top of the artichokes. Slice artichokes in half lengthwise. Transfer halved artichokes to the lemon water as you work.
2. Drain artichokes and arrange in a single layer in a shallow 1½-qt. baking dish. Add the lemon wedges and garlic to dish. Sprinkle with vegetable broth. Cover dish with a lid or foil. Roast 30 minutes or until artichokes are tender.
3. Season with pepper. Sprinkle with chives, and serve with roasted lemon wedges. Smear artichoke halves with roasted garlic as you eat them.

ARTICHOKE LINGUINE WITH LENTILS

pictured on page 71

30 minutes | Makes 7 cups

Reminiscent of pasta with clam sauce, this dish features artichoke hearts as the star.

¾ cup coarsely chopped shallots (3 shallots)
½ cup low-sodium vegetable broth
4 cloves garlic, coarsely chopped (1 Tbsp.)
12 oz. dry whole wheat linguine or angel hair pasta
1 12-oz. pkg. frozen artichoke hearts, thawed and chopped, or one 14-oz. can, drained and chopped
2 cups cooked French green lentils
2 Tbsp. white balsamic vinegar
2 Tbsp. capers, drained
1 Tbsp. chopped fresh oregano
2 tsp. lemon zest
¼ tsp. sea salt
¼ tsp. crushed red pepper
Lemon wedges

1. In a large skillet cook shallots over medium 5 minutes or until tender, stirring frequently and adding broth, 1 to 2 Tbsp. at a time, as needed to prevent sticking. Add garlic; cook 2 minutes.
2. Meanwhile, prepare pasta according to package directions. Reserve 2 cups pasta cooking water. Drain pasta and return to pot.
3. Stir the remaining broth and the next eight ingredients (through red pepper) into skillet. Heat through. Add to pasta; toss to combine. Add enough pasta cooking water to make saucy, tossing with tongs. Sprinkle with additional fresh oregano. Serve with lemon wedges.

CREAMY ARTICHOKE AND GREENS SOUP

pictured on page 73

45 minutes | Makes 10 cups

This flavorful soup can stand on its own, but if you want to kick it up a notch, swirl in some Moroccan Chermoula from page 54.

1 cup chopped spring onions or sliced leeks
1 small bulb fennel, trimmed and chopped
4 cloves garlic, halved
3 cups low-sodium vegetable broth
2 12-oz. pkg. frozen artichoke hearts
12 oz. Yukon Gold potatoes, peeled and chopped
1 Tbsp. fresh thyme leaves
1¼ cups unsweetened, unflavored plant milk, such as almond, soy, cashew, or oat
4 cups fresh baby greens, such as spinach, beet greens, or watercress
1 Tbsp. white balsamic vinegar
Sea salt and freshly ground black pepper, to taste

1. In a large pot cook onions, fennel, and garlic in ½ cup water over medium 10 minutes or until tender, stirring occasionally. Add broth, artichoke hearts, potatoes, thyme, and ½ cup water. Bring to boiling; reduce heat. Cover and simmer 20 minutes or until vegetables are very tender.
2. Using an immersion blender, puree the soup until smooth. (Or cool slightly and transfer to a blender in batches; cover and blend until smooth. Return to pot.) Return to a simmer. Stir in milk. Add greens; stir until wilted. Stir in vinegar. Season with salt and pepper.

> "TODAY, WE'RE STRONGER THAN EVER. I'M LIGHTER AND NO LONGER LIMITED BY DEBILITATING BACK PAIN."

CATHY DOWNS-PHOENIX

BEFORE A WFPB LIFESTYLE ▲

My husband, Patrick, and I are both registered nurses. While we've always known the importance of nutrition, we didn't prioritize eating well. I was a longtime vegetarian, but other than that, we mostly followed the standard American diet (SAD). We both had chronic joint pain, and I suffered from often-debilitating back pain.

In 2018, I was looking through my cookbooks when *The Forks Over Knives Plan*, which I'd bought years earlier, fell out of the stack. I decided to sit down and really read it for the first time.

Afterward, I asked Patrick to try a whole-food, plant-based (WFPB) diet with me for six weeks. He wholeheartedly agreed.

First, we purged our refrigerator and pantry of everything that wasn't WFPB. I can't emphasize enough how important this was. Then, on a Sunday, we started the new diet. I made some basic recipes. At first we both felt hungry, but after a few days, our bodies adapted. Soon we were snacking on fruits and veggies and reveling in their deliciousness. We were completely satiated, and our energy levels were increasing. Best of all, the aches and pains that we'd carried with us for decades dissipated within weeks!

Today, we're stronger than ever. I'm lighter and no longer limited by debilitating back pain. We lift weights, work out with the vigor of people 20 years younger, and sleep great. And we're certainly happier. Adopting a WFPB lifestyle is like reversing time.

—Cathy Downs-Phoenix

FOR THE KIDS

Salads might not be at the top of your kids' favorite foods list, but with a little creativity they might be soon. Give Rachael Brown's recipes a try and watch those veggies disappear in no time!

photography Jason Donnelly | *food styling* Annie Probst | *recipes* Rachael Brown

FLOWER POWER SALAD

recipe on page 80

RAINBOW SALAD

recipe on page 80

WILD WEST TACO SALAD

recipe on page 81

WHEN-YOU’RE-IN-A-PICKLE SALAD

recipe on page 81

Flower Power Salad

pictured on page 77

30 minutes | Makes 8 cups salad + 1 cup dressing

Children love helping to gather edible flowers, if you have some nearby. (Please make sure they haven't been sprayed with pesticides.) Kids can also help decorate the salad before serving by placing broccoli "trees" and edible flowers around the edges.

3	cups baby lettuce leaves or other salad greens
2	cups Trader Joe's Organic Ready, Set, Salad! mix (or 1 cup finely chopped kale, ½ cup shredded green cabbage, ½ cup shredded red cabbage, and ¼ cup shredded carrot)
½	cup sliced or chopped cucumber
½	cup chopped red bell pepper
½	cup sugar snap peas, trimmed and cut into thirds
¼	cup finely chopped red onion
¼	cup dried cranberries
¼	cup roasted pepitas
2	Tbsp. fresh cilantro leaves
1	cup broccoli florets
6	to 8 nasturtiums, calendulas, violets, dandelions, or other edible flowers
½	cup pure maple syrup
¼	cup + 2 Tbsp. Dijon or yellow mustard
2	Tbsp. oil-free baba ghanoush or hummus
1½	Tbsp. lemon juice
1½	tsp. white wine vinegar
1½	tsp. everything bagel seasoning

1. In a large bowl combine the first nine ingredients (through cilantro); gently toss until mixed. Decorate the edges of the salad with broccoli and edible flowers.

2. For dressing, in a jar combine the remaining ingredients. Cover and shake well. Serve dressing on the side (kids may like dipping their broccoli "trees" into it), or drizzle it over salad just before serving.

Rainbow Salad

pictured on page 77

20 minutes | Makes 11 cups

Perfect for potlucks or other gatherings, this easy salad serves up an array of colors and flavors with a slightly sweet profile. Ask kids to see how many colors of the rainbow they can spot on their plate!

1½	tsp. sea salt
1½	cups dry whole wheat couscous
3	medium Persian cucumbers, sliced (about 2 cups)
1	15-oz. can kidney beans, rinsed and drained (1½ cups)
1¼	cups fresh or thawed frozen yellow corn kernels
1	cup finely chopped red onion
2	medium red beets, peeled, quartered, and thinly sliced (1 cup)
1	cup cooked shelled edamame
½	cup finely chopped red bell pepper
½	cup finely chopped green bell pepper
½	cup finely chopped orange bell pepper
¼	cup orange juice
¼	cup pure maple syrup
2	Tbsp. balsamic vinegar
1½	Tbsp. lemon juice
2	tsp. dried Italian seasoning, crushed
½	tsp. freshly ground black pepper
½	tsp. garlic powder

1. In a medium saucepan combine 1½ cups water and ½ tsp. of the salt. Bring to boiling; stir in couscous. Remove from heat and let stand, covered, 5 minutes. Spread couscous on a serving platter.

2. Arrange the next nine ingredients (through orange pepper) over couscous.

3. For dressing, in a jar combine the remaining ingredients and 1 tsp. salt. Cover and shake well. Pour dressing over salad.

Wild West Taco Salad

pictured on page 78

25 minutes | Makes 9 cups

Kids of all ages will enjoy this hearty, tasty salad. It's great as a side dish or a full meal. We love the look of the tortilla serving bowls, but you can also simply slice the tortillas into thin strips and bake 8 minutes at 375°F, then break the strips over the salad for serving.

1 cup dry quinoa, rinsed and drained
6 corn tortillas
1 15-oz. can black beans, rinsed and drained (1½ cups)
2 cups frozen roasted corn kernels, thawed
16 oz. fresh pico de gallo
2 medium avocados, peeled, seeded, and chopped
2 Tbsp. lime juice
¼ to ½ cup chopped fresh cilantro
Chili powder, to taste
Sea salt, to taste

1. In a medium saucepan combine quinoa and 2 cups water. Bring to boiling; stir and reduce heat. Cover and simmer 15 minutes or until water is absorbed and quinoa is tender. Remove from heat and uncover.

2. For tortilla bowls, preheat oven to 375°F. Wrap tortillas in a damp paper towel. Microwave 30 seconds. Nestle each tortilla between four cups of an upside-down muffin pan; repeat with remaining tortillas. Bake 12 minutes.

3. In a large bowl combine the next five ingredients (through lime juice); mix well. Stir cilantro into cooled quinoa. Spoon bean mixture and quinoa into tortilla bowls. Sprinkle lightly with chili powder and salt.

When-You're-in-a-Pickle Salad

pictured on page 79

25 minutes | Makes 8 cups

With a hint of sweetness from diced apple, this creamy combo hits somewhere between potato salad and macaroni salad. It tastes even better the second day! Be sure to reserve the canned bean liquid (aquafaba) when draining the beans.

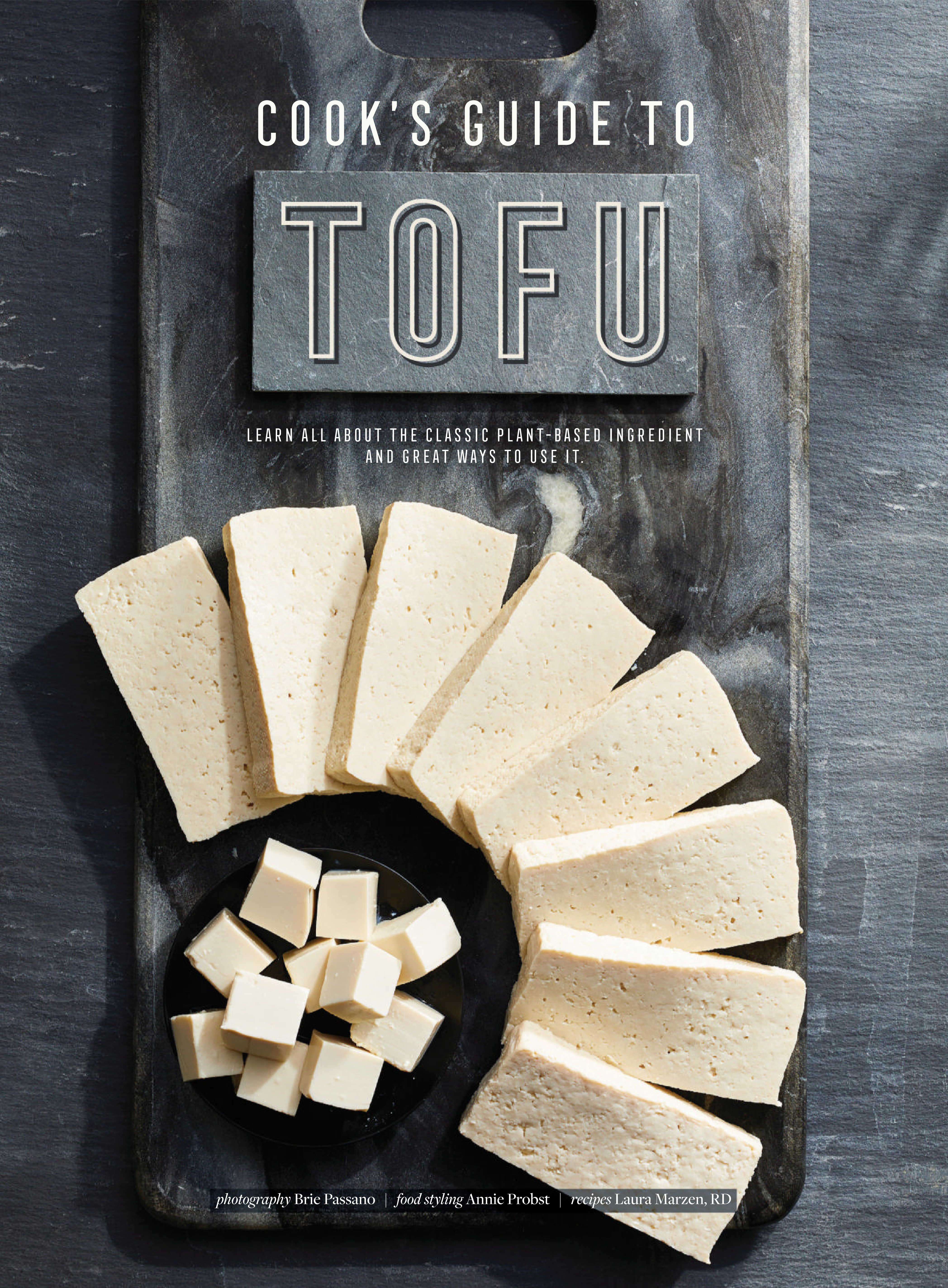
2 cups dry whole wheat macaroni, cooked, drained, and cooled
2 15-oz. cans no-salt-added cannellini beans,* rinsed and drained (3 cups), aquafaba reserved
½ cup dill pickle juice
¼ cup tahini
2 Tbsp. lemon juice
½ tsp. sea salt
¼ tsp. freshly ground black pepper
2 cups packed chopped kale leaves
1 cup thinly sliced celery
1 medium Gala apple, cored and finely chopped (1 cup)
¾ cup thinly sliced baby dill pickles
½ cup finely chopped red onion
2 Tbsp. chopped fresh dill or 1 Tbsp. dried dill

1. Cook macaroni according to package directions; drain and set aside to cool.

2. For dressing, in a blender combine drained beans, ¼ cup of the aquafaba, and the next five ingredients (through pepper). Cover and blend until smooth and creamy. Taste and add more aquafaba, pickle juice, and/or lemon juice if needed to reach desired flavor and consistency.

3. In a large bowl combine the remaining ingredients. Pour dressing over top and stir to combine. Add pasta and stir until well coated. If you like, top with additional fresh dill.

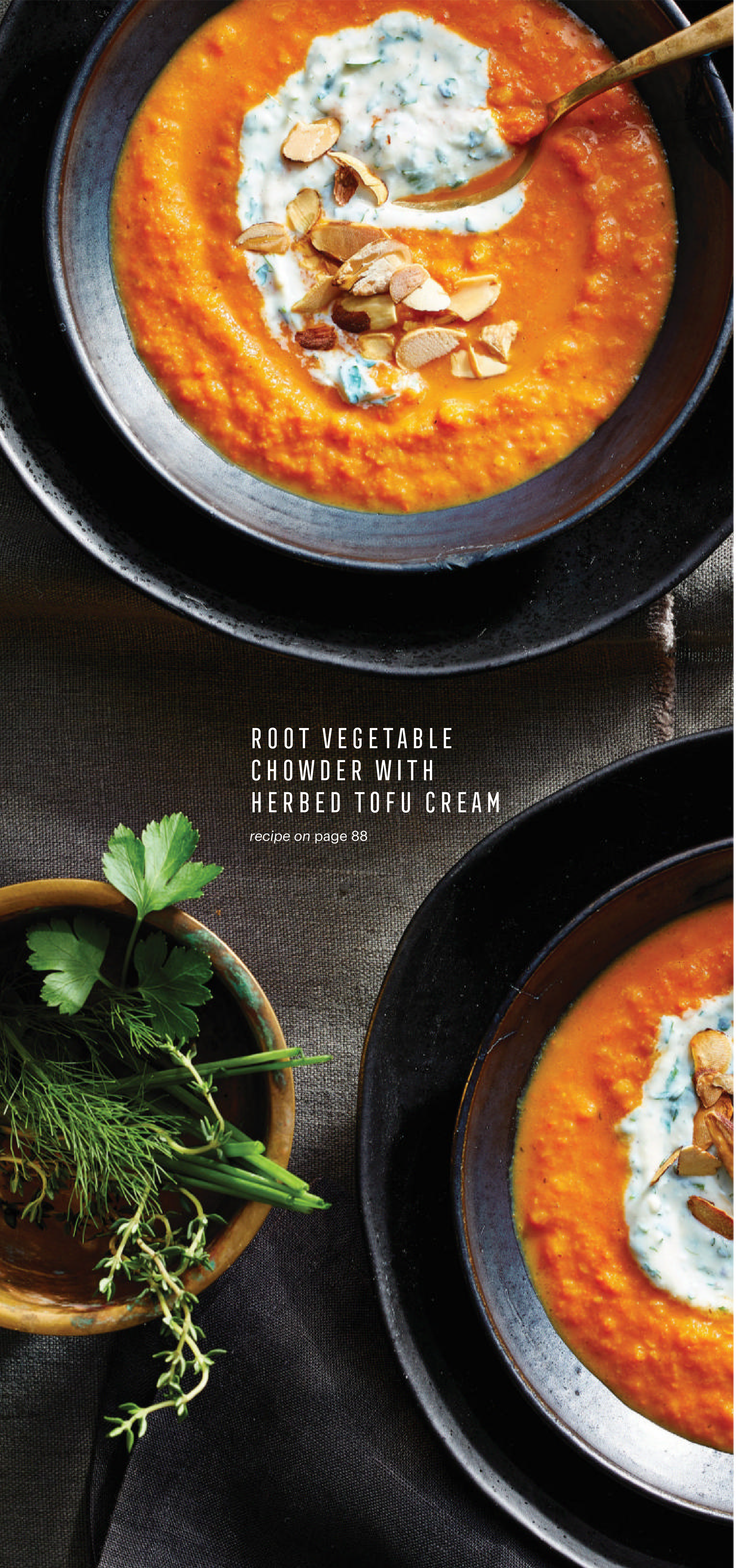
***Tip** If you like, substitute Great Northern beans or chickpeas for the cannellini beans.



COOK'S GUIDE TO TOFU

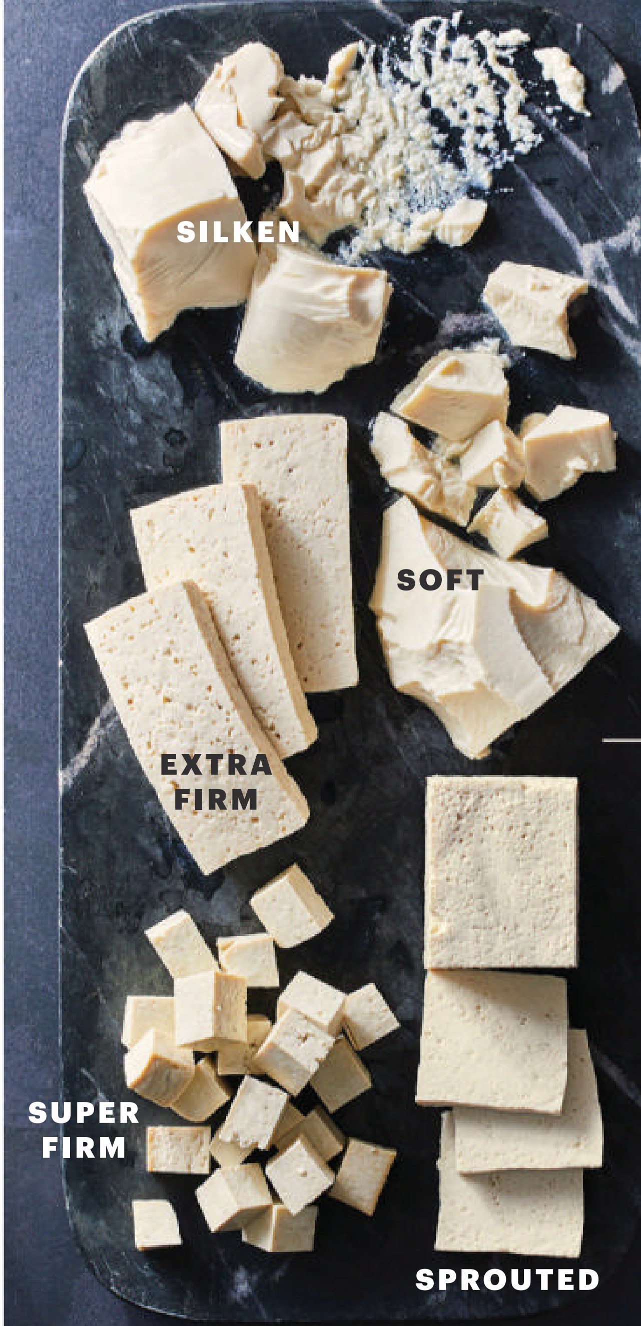
LEARN ALL ABOUT THE CLASSIC PLANT-BASED INGREDIENT AND GREAT WAYS TO USE IT.

photography Brie Passano | *food styling* Annie Probst | *recipes* Laura Marzen, RD



ROOT VEGETABLE CHOWDER WITH HERBED TOFU CREAM

recipe on page 88



TOFU GLOSSARY

Most recipes specify what kind to use, but just in case, here's a quick rundown of the different varieties.

SILKEN Velvety-smooth, "Japanese-style" tofu. Available in soft, firm, and extra-firm options. Use silken for dressings, dips, sauces, and pureed desserts.

SOFT Creamy and tender, with a high moisture content. Use for sauces, creamy scrambles, and eggless salads and as a substitute for soft cheeses like ricotta or mascarpone.

FIRM / EXTRA FIRM Easy to slice and crumble, firm and extra-firm tofu can be used interchangeably in most recipes. Choose them when you want crisp cubes and slices, crumbly scrambles, or thick sauces and spreads.

SUPER FIRM Prepressed and ready to use; sold in vacuum packs without liquid. Best cubed, sliced, or cut into slabs, then baked or sautéed.

SPROUTED Made with sprouted soybeans, it is nutrient-dense but also higher in fat and calories than other varieties. Use it anywhere you'd use firm or extra-firm.

CAULIFLOWER POPPERS WITH SMOKY GARLIC DIPPING SAUCE

recipe on page 88

CRISPY TOFU NOODLE BOWLS WITH THAI PEANUT SAUCE

55 minutes | Makes 4 bowls

Air-frying tofu cubes makes them a wonderfully crispy addition to spicy sauced noodles.

1	recipe Peanut Sauce
1	14- to 16-oz. pkg. extra-firm tofu
3	Tbsp. coconut aminos
2	Tbsp. cornstarch
½	tsp. ground ginger
¼	tsp. cayenne pepper (optional)
4	scallions
1	stalk fresh lemongrass, trimmed and thinly sliced (2 Tbsp.)
1	to 2 medium fresh Thai chiles or serrano chiles, stemmed and thinly sliced*
2	medium heads baby bok choy, trimmed and quartered lengthwise
10	oz. dry brown rice pad Thai noodles, cooked according to pkg. directions
¼	cup low-sodium vegetable broth
½	cup fresh broccoli sprouts (optional)
	Lime wedges (optional)

1. Prepare Peanut Sauce. Place tofu between folded paper towels. Top with a plate and a heavy can of food. Let stand 15 minutes. Cut tofu into 1-inch cubes and place in a medium bowl. Add 2 Tbsp. of the coconut aminos; toss to coat. Let rest 5 minutes; toss again until all the liquid is absorbed. In a small bowl stir together cornstarch, ginger, and cayenne pepper (if using). Sprinkle half the cornstarch mixture over tofu; toss gently to coat. Sprinkle the remaining cornstarch mixture over tofu; toss gently.

2. Preheat air fryer to 400°F. Arrange tofu in a single layer in air-fryer basket. Air-fry 8 to 10 minutes or until tofu is golden brown.

3. Meanwhile, thickly slice scallion whites and bias-slice greens. In a large skillet or wok cook scallion whites, lemongrass, and chile slices over medium 1 to 2 minutes or until fragrant, stirring frequently and adding water, 1 to 2 Tbsp. at a time, as needed to prevent sticking.

4. Add bok choy to skillet. Cook 6 to 8 minutes more or until lightly wilted, adding water, 1 to 2 Tbsp. at a time, as needed to prevent sticking. Heat Peanut Sauce over medium-low 2 to 3 minutes or until heated through, whisking frequently.

5. In a medium bowl combine cooked noodles, vegetable broth, the remaining 1 Tbsp. coconut aminos, and half of the Peanut Sauce; toss to combine. Add a little water if noodles are sticking together.

6. Divide noodles, vegetables, and tofu among four shallow bowls. Drizzle with the remaining Peanut Sauce. Top with scallion greens. If you like, top with broccoli sprouts and serve with lime wedges.

Peanut Sauce In a blender combine 2 medium pitted Medjool dates and ½ cup boiling water. Cover and let stand 15 minutes. Add ¼ cup natural creamy peanut butter, 2 Tbsp. coconut aminos, 1 Tbsp. lime juice, and ⅛ tsp. cayenne pepper. Cover and blend until smooth, scraping sides of blender as needed. Transfer sauce to a small saucepan.

***Tip** Chile peppers contain oils that can irritate your skin and eyes. Wear plastic gloves when working with them.

GRILLED TOFU KABOBS WITH RHUBARB-BALSAMIC GLAZE

30 minutes | Makes 8 skewers + 4 cups quinoa mixture

Rhubarb and balsamic vinegar combine to make a tangy glaze that is perfect for these kabobs or any grilled veggies.

1	**cup balsamic vinegar**
1	**stalk fresh rhubarb, thinly sliced (¾ cup)**
2	**Tbsp. pure maple syrup**
½	**tsp. sea salt**
1	**15-oz. can no-salt-added chickpeas, rinsed and drained (1½ cups)**
1	**cup dry quinoa**
½	**cup slivered fresh basil**
1	**14- to 16-oz. pkg. extra-firm tofu**
⅛	**tsp. freshly ground black pepper**
1	**medium zucchini, trimmed and cut into 1½-inch cubes**
16	**large cherry tomatoes**
8	**10-inch skewers***

1. For glaze, in a small saucepan combine vinegar, rhubarb, and maple syrup. Bring to boiling; reduce heat. Simmer, uncovered, 10 minutes. Strain through a fine-mesh sieve into a 1-cup glass measure. Press rhubarb with the back of a large spoon to release any liquid; discard rhubarb. Return glaze to saucepan. Bring to boiling; reduce heat. Simmer, uncovered, 12 minutes or until reduced to about ⅓ cup (watch closely at the end).

2. In a medium saucepan bring 2 cups water and ½ tsp. of the salt to boiling. Add chickpeas and quinoa; reduce heat. Cover and simmer 12 to 15 minutes or until liquid is absorbed. Toss with ¼ cup of the basil.

3. For kabobs, place tofu between folded paper towels. Top with a plate and a heavy can of food. Let stand 15 minutes. Cut tofu into 1½-inch cubes. In a medium bowl gently toss tofu with the remaining ½ tsp. salt and the pepper. Thread zucchini, tomatoes, and tofu onto skewers, leaving space between pieces.

4. Grill kabobs, covered, over medium heat 6 to 8 minutes or until zucchini is just tender and kabobs are heated through, turning once halfway through grilling and brushing on all sides with half of the glaze the last 2 minutes.

5. Serve kabobs with quinoa mixture. Drizzle with the remaining glaze. Sprinkle with the remaining basil.

***Tip** If using bamboo skewers, soak skewers in enough water to cover at least 30 minutes before using.

STRAWBERRY-RADISH SALAD WITH CREAMY LEMON DRESSING

25 minutes | Makes 11 cups salad + ¾ cup dressing

This light spring salad makes a bright and fresh side dish. Tofu adds creaminess to the dressing.

¼	of a 12.3-oz. pkg. firm silken-style tofu (⅓ cup)
½	tsp. lemon zest
2	Tbsp. lemon juice
¼	tsp. sea salt
⅛	tsp. freshly ground black pepper
¼	cup finely chopped shallot
3	cups fresh arugula
3	cups torn leaf lettuce or fresh baby spinach
½	cup fresh mint leaves
3	cups strawberries, quartered
1	cup thinly sliced radishes
½	cup chopped English cucumber
¼	cup crumbled firm silken-style tofu (optional)

1. For dressing, in a medium bowl combine the first five ingredients (through pepper) and 2 Tbsp. water. Blend with an immersion blender* until smooth. Stir in shallot. Let stand at room temperature 15 minutes to let flavors blend.

2. For salad, in a large bowl toss together arugula, lettuce, and mint. Divide greens among serving plates. Top with strawberries, radishes, and cucumber. Drizzle with dressing. Sprinkle with crumbled tofu (if using).

***Tip** You can also blend dressing in a mini food processor or small blender.

Root Vegetable Chowder with Herbed Tofu Cream

pictured on page 83

1 hour 30 minutes | Makes 12 cups soup + ¾ cup cream

This thick, creamy chowder is just what you want on a rainy spring day.

2 heads garlic (2-inch bulbs)
2 medium fennel bulbs with fronds
8 medium carrots, cut into 1-inch pieces
1 lb. orange or yellow beets, trimmed, peeled, and cut into 1-inch pieces
4 cups low-sodium vegetable broth
1 cup dry red lentils, rinsed and drained
¼ tsp. sea salt
1 12.3-oz. pkg. extra-firm silken-style tofu
1 Tbsp. thinly sliced fresh chives
2 tsp. chopped fresh thyme
2 Tbsp. chopped fresh flat-leaf parsley
¼ tsp. freshly ground black pepper
2 Tbsp. sliced almonds, toasted

1. Preheat oven to 425°F. Cut the top ¼ inch off garlic bulbs so the clove tops are exposed. Remove any loose papery outer layers. Place bulbs, cut ends up, in custard cups or small ramekins. Cover and roast 35 to 40 minutes or until very soft.
2. Meanwhile, line an 18×13-inch baking pan with parchment paper. Finely chop 2 Tbsp. of the fennel fronds; set aside. Trim fennel bulbs and cut them into 1½-inch pieces. Add bulbs to the prepared pan.
3. Add carrots and beets to pan with fennel; cover with foil. Roast alongside garlic 30 minutes. Stir vegetables. Roast, uncovered, 30 to 40 minutes more or until vegetables are tender and starting to brown. Cool vegetables and garlic 15 minutes. Squeeze garlic from papery skin into a bowl.
4. In a large saucepan combine 2 cups of the broth, the lentils, and ⅛ tsp. of the salt. Bring to boiling; reduce heat. Cover and simmer 7 to 10 minutes or until tender.
5. For tofu cream, add half of the garlic cloves to a blender. Add half of the tofu. Cover and blend until smooth, scraping sides of blender as needed. Transfer to a medium bowl. Stir in chives, thyme, parsley, the remaining ⅛ tsp. salt, the pepper, and 1 Tbsp. of the reserved fennel fronds. If you like, whisk in water, 1 Tbsp. at a time, until desired consistency.
6. Add half of the roasted vegetables to the blender. Add the remaining tofu, garlic, and 2 cups broth. Cover and blend until smooth, scraping sides of blender as needed. Add pureed vegetable mixture to lentils in saucepan. Repeat with the remaining roasted vegetables and 2 cups water. Stir additional water or broth into chowder until desired consistency. Cook over medium-low 3 to 4 minutes or until heated through.
7. Serve chowder topped with tofu cream, almonds, and the remaining fennel fronds.

To Make Ahead Prepare roasted garlic and vegetables as directed through Step 3. Cover and chill up to 3 days. Continue as directed, increasing time to heat chowder to 10 to 15 minutes.

Cauliflower Poppers with Smoky Garlic Dipping Sauce

pictured on page 84

1 hour 15 minutes | Makes 6 cups poppers + ¾ cup sauce

Tofu does double duty to make a creamy dipping sauce as well as a buttermilk-style coating for the cauliflower.

2 heads garlic (2-inch bulbs)
1 12.3-oz. pkg. firm silken-style tofu
2 tsp. Dijon mustard
1 Tbsp. + 2 tsp. apple cider vinegar
½ tsp. smoked paprika
½ tsp. kosher salt
¼ tsp. + ⅛ tsp. freshly ground black pepper
⅛ tsp. cayenne pepper (optional)
½ cup unsweetened, unflavored plant milk, such as almond, soy, cashew, or oat
4 cups 1½- to 2-inch cauliflower florets
1½ cups whole wheat panko bread crumbs
¼ cup coarse cornmeal

1. Preheat oven to 425°F. Cut the top ¼ inch off garlic bulbs so the clove tops are exposed. Remove any loose papery outer layers. Place bulbs, cut ends up, in custard cups or small ramekins. Cover and roast 35 to 40 minutes or until very soft. Let cool. Squeeze garlic from papery skin into a blender.
2. For dipping sauce, add half of the tofu, the mustard, 2 tsp. of the vinegar, the paprika, ¼ tsp. of the salt, ⅛ tsp. of the black pepper, and the cayenne pepper (if using) to blender with garlic. Cover and blend until smooth, scraping sides of bowl as needed. Transfer to a serving bowl. Clean blender.
3. In the blender combine the remaining tofu, 1 Tbsp. cider vinegar, ¼ tsp. salt, and ¼ tsp. black pepper, and the milk. Cover and blend until smooth. Transfer mixture to a large bowl. Add cauliflower florets; toss until well coated.
4. In a shallow dish stir together bread crumbs and cornmeal. Dip cauliflower, a few pieces at a time, in bread crumb mixture, turning to fully coat each piece. Arrange one-third of the coated cauliflower pieces in a single layer in an air-fryer basket.
5. Preheat air fryer to 400°F. Air-fry cauliflower 9 to 11 minutes or until browned and tender. Keep cooked cauliflower pieces warm in a 200°F oven. Repeat with remaining cauliflower pieces. Serve cauliflower with dipping sauce.

Spring Veggie Breakfast Scramble with Roasted Potatoes

45 minutes | Makes 10 cups

Serve this hearty scramble with a bowl of fresh seasonal fruit on the side.

1 lb. red-skin potatoes (2-inch diameter), quartered
1 tsp. paprika
1 tsp. kosher salt
½ tsp. garlic powder
¼ tsp. freshly ground black pepper
1 to 2 tsp. ground turmeric
½ tsp. dry mustard
2 14- to 16-oz. pkg. firm tofu
12 oz. asparagus, trimmed and cut into 1-inch pieces
⅓ cup thinly sliced shallots
2 cups torn Swiss chard leaves
1 cup cherry or grape tomatoes, halved
1 to 2 Tbsp. chopped fresh sage, dill, or parsley
2 whole wheat English muffins, split and toasted
2 cups sliced fresh fruit

1. Preheat oven to 425°F. Line a shallow roasting pan with parchment paper. Add potatoes and sprinkle with paprika, ½ tsp. of the salt, ¼ tsp. of the garlic powder, and the pepper; toss to coat. Roast, uncovered, 30 to 35 minutes or until potatoes are tender and starting to brown, stirring once halfway through roasting.
2. Meanwhile, in a large bowl whisk together turmeric, mustard, the remaining ½ tsp. salt and ¼ tsp. garlic powder, and 2 Tbsp. water. Pat tofu with a clean towel or paper towels until well dried. Coarsely crumble tofu into bowl with turmeric mixture; toss until well coated.
3. In an extra-large skillet cook asparagus and shallots over medium 3 to 4 minutes or until vegetables are crisp-tender, stirring occasionally and adding water, 1 to 2 Tbsp. at a time, as needed to prevent sticking. Stir in tofu mixture. Cook and stir 4 to 5 minutes or until heated through, gently stirring occasionally.
4. Add chard, tomatoes, and sage. Cook 2 to 3 minutes or until liquid is evaporated and chard is lightly wilted, stirring frequently (try to avoid crumbling tofu any further). Serve with potatoes, English muffins, and fruit.

SPRING VEGGIE BREAKFAST SCRAMBLE WITH ROASTED POTATOES

NUTRITION TIP

Because soybeans are higher in fat than other beans—and because tofu is a condensed form of soybeans—it is a relatively high-fat ingredient that Forks Over Knives recommends enjoying in moderation. (See page 3 for more FOK diet basics.)

That's why in FOK recipes, you'll usually see tofu used in sauces, condiments, and desserts, where its natural creaminess goes a long way. In main dishes, we like to mix it up with lots of whole grains and veggies, which are less fat- and calorie-dense than tofu.

SPRING

CAKES & TARTS

Seasonal fruits and vegetables play a starring role in these fantastic cakes and tarts.

photography Brie Goldman | *food styling* Lauren McAnelly | *recipes* Nancy Macklin

MR. MCGREGOR'S GARDEN CAKE

recipe on page 94

BLACKBERRY POLENTA CAKE

recipe on page 94

RASPBERRY CHOCOLATE CAKE

40 minutes | Makes one 8-inch cake

Mini vegan chocolate chips in the batter and a raspberry sauce drizzled over the top give this cake extra wow factor.

1	Tbsp. flaxseed meal
1½	cups white whole wheat flour
½	cup unsweetened cocoa powder
1½	tsp. regular or sodium-free baking powder
¾	tsp. sea salt
¾	cup unsweetened, unflavored plant milk, such as almond, soy, cashew, or oat
⅓	cup + 1 Tbsp. pure maple syrup
¼	cup unsweetened applesauce
2	tsp. pure vanilla extract
¼	cup mini semisweet vegan chocolate chips, such as Enjoy Life brand
12	oz. fresh or frozen raspberries (2½ cups)
1	Tbsp. lemon juice
	Aquafaba Whipped Cream (optional)

1. Preheat oven to 375°F. Line an 8-inch square baking pan with parchment paper, or use a silicone baking pan. In a medium bowl stir together flaxseed meal and 3 Tbsp. water; let stand 5 minutes.

2. In a large bowl stir together flour, cocoa powder, baking powder, and salt. To flaxseed mixture add milk, ⅓ cup of the maple syrup, the applesauce, and vanilla; mix well. Stir into flour mixture until well combined. Stir in chocolate chips. Gently fold in 1 cup of the raspberries.

3. Bake 25 to 30 minutes or until firm and a toothpick inserted in the center comes out clean. Cool completely on a wire rack.

4. For sauce, in a bowl combine the remaining berries with the remaining 1 Tbsp. maple syrup and the lemon juice. Mash berries lightly with a fork.

5. Top pieces of cake with raspberry sauce and Aquafaba Whipped Cream (if using).

Aquafaba Whipped Cream In a medium bowl combine ¼ cup aquafaba (liquid from canned no-salt-added chickpeas), 1 Tbsp. pure maple syrup, and 1 tsp. pure vanilla extract. Beat with a mixer on medium to high until foamy. Continue beating on high 5 minutes or until stiff peaks form (tips stand straight). *Makes 2 cups.*

RHUBARB-PEAR TART

1 hour | Makes one 9-inch tart

A pear, with its subtle sweetness, perfectly balances the assertive tartness of rhubarb in this pretty tart. We prefer using red rhubarb over the old-fashioned variety for its color and sweeter taste.

- **1 cup cornmeal**
- **½ cup rolled oats**
- **2 Tbsp. whole almonds**
- **⅛ tsp. sea salt**
- **2 Tbsp. almond butter**
- **5 Tbsp. pure maple syrup**
- **¼ cup unsweetened, unflavored plant milk, such as almond, soy, cashew, or oat**
- **¼ cup orange juice**
- **1 Tbsp. cornstarch**
- **12 oz. red rhubarb, chopped into ½-inch pieces**
- **1 pear, cored and chopped into ¼-inch pieces (1½ cups)**
- **2 tsp. grated fresh ginger**

1. Preheat oven to 375°F. Line the removable bottom of a 9-inch tart pan with parchment paper.

2. For crust, in a food processor combine cornmeal, oats, almonds, and salt. Process until almonds are ground. Add almond butter and 2 Tbsp. of the maple syrup. Pulse until well combined. With processor running, slowly add milk through feed tube until mixture starts to cling together and is moistened. Press mixture over bottom and up sides of the prepared pan. Bake 10 minutes.

3. Meanwhile, in a medium saucepan whisk together orange juice, the remaining 3 Tbsp. maple syrup, and the cornstarch. Add rhubarb, pear, and ginger. Cook and stir over medium 3 to 4 minutes or just until mixture begins to thicken.

4. Pour fruit mixture into partially baked crust. Bake 45 to 50 minutes or until fruit is soft and filling is thickened. Cool completely before serving.

To Store Cover tart and store at room temperature 1 day.

MR. MCGREGOR'S GARDEN CAKE

pictured on page 90

1 hour 40 minutes | Makes one 8-inch layer cake

Peter Rabbit would have raided the farmhouse kitchen instead of the garden if he'd known this cake was there.

1¼ cups unsweetened, unflavored plant milk, such as almond, soy, cashew, or oat
⅓ cup mashed banana (1 small)
⅓ cup pure cane sugar
⅓ cup unsweetened applesauce
2 Tbsp. flaxseed meal
1 tsp. pure vanilla extract
2 cups whole wheat flour
2 tsp. regular or sodium-free baking powder
1 tsp. ground cinnamon
½ tsp. sea salt
1¼ cups shredded carrots
½ cup shredded zucchini, patted dry
1 recipe Creamy Vanilla Frosting
2 Tbsp. finely chopped toasted almonds

1. Preheat oven to 350°F. Line bottoms of two 8-inch round cake pans with parchment paper or use silicone baking pans.
2. In a large bowl stir together the first six ingredients (through vanilla). Let stand 5 minutes. In another large bowl stir together flour, baking powder, cinnamon, and salt. Add milk mixture to flour mixture; stir just until combined. Stir in carrots and zucchini. Divide batter between prepared pans.
3. Bake 25 to 30 minutes or until a toothpick inserted in centers comes out clean. Cool in pans on wire racks 10 minutes. Invert cakes onto wire racks and cool at least 30 minutes.
4. Place one cake on a serving plate. Spread frosting over top just to the edge. Top with the second cake; frost top of cake. Use the remaining frosting to lightly coat sides of cake layers. Sprinkle top with almonds. Refrigerate until ready to serve.

Creamy Vanilla Frosting In a food processor combine one 12- to 14-oz. pkg. shelf-stable lite silken-style tofu, ½ cup drained canned unsweetened crushed pineapple, 1 Tbsp. pure cane sugar, 1½ tsp. pure vanilla extract, and ⅛ tsp. sea salt. Process until completely smooth. Cover and chill until ready to use.

BLACKBERRY POLENTA CAKE

pictured on page 91

1 hour | Makes one 8-inch cake

Polenta makes a wonderfully dense but not heavy cake. Enjoy it the day it's made for best flavor and texture.

½ cup unsweetened, unflavored plant milk, such as almond, soy, cashew, or oat
1 tsp. apple cider vinegar
2 Tbsp. flaxseed meal
1 cup polenta or yellow cornmeal
¾ cup whole wheat pastry flour
⅓ cup pure cane sugar
1 tsp. regular or sodium-free baking powder
½ tsp. baking soda
½ tsp. sea salt
½ cup unsweetened applesauce
½ tsp. pure almond extract
6 oz. fresh blackberries, plus more for garnish
Aquafaba Whipped Cream *(page 92)* (optional)

1. Preheat oven to 350°F. Line an 8-inch round baking pan with parchment paper or use a silicone baking pan. In a medium bowl stir together milk and vinegar. In a small bowl stir together flaxseed meal and 6 Tbsp. water; let stand 5 minutes.
2. In a large bowl combine the next six ingredients (through salt). Stir applesauce, almond extract, and flaxseed mixture into the milk mixture. Add to polenta mixture; stir just until combined. Gently fold blackberries into batter and pour into the prepared pan.
3. Bake 40 to 45 minutes or until lightly browned and a toothpick inserted in center comes out clean. Serve warm or let cool. Garnish with additional fresh blackberries and serve with Aquafaba Whipped Cream (if using).

LAVENDER AND LEMON TART

pictured opposite

1 hour | Makes one 9-inch tart

Dried lavender imparts a delicate flavor to the lemon filling in this tart. Just enough turmeric is added for color.

1½ cups rolled oats
¼ cup sliced almonds, toasted
1 Tbsp. poppy seeds
½ cup mashed banana (1 medium)
1½ cups unsweetened, unflavored plant milk, such as almond, soy, cashew, or oat
1¼ tsp. agar powder
1 tsp. chopped dried lavender
2 tsp. lemon zest
½ cup lemon juice
⅓ cup pure maple syrup
¼ tsp. ground turmeric
¼ tsp. sea salt
Lemon slices

1. Preheat oven to 350°F. For crust, in a food processor combine oats, almonds, and poppy seeds; pulse until well blended. Add banana; pulse until mixture holds together. With damp hands, press mixture over bottom and up sides of a 9-inch nonstick tart pan with a removable bottom. Bake 20 minutes or until dry and light brown. Remove from oven and let cool.
2. For filling, measure milk in a measuring cup; transfer 2 Tbsp. of the milk to a small bowl. Add agar powder to the 2 Tbsp. milk and stir to make a paste.
3. In a medium saucepan heat the remaining milk and the lavender over medium until it begins to steam. Whisk in agar mixture. Bring to boiling over medium; reduce heat. Simmer, uncovered, 5 minutes, stirring occasionally. Transfer mixture to a medium bowl. Let cool 30 minutes or until just warm to the touch.
4. Stir the next five ingredients (through salt) into warm milk mixture. Pour filling into crust. Chill at least 4 hours or overnight. Sprinkle with additional lavender and serve with lemon slices.

SWEET TIP:

For a more colorful serving option, you can plate slices of this lemony tart with an assortment of fresh berries (2 cups total), such as strawberries, blackberries, blueberries, and/or raspberries.

FRESH-TO-DRIED AROMATICS CHEAT SHEET

YES, YOU CAN SWAP OUT DRIED HERBS FOR FRESH—AND VICE VERSA! HERE'S HOW.

By Mary Margaret Chappell

AROMATIC	EQUIVALENTS	TIPS
HERBS	**1 Tbsp. fresh herbs = 1 tsp. dried herbs**	• Dried first, fresh last: Add dried herbs early in a recipe so heat, acid, and moisture can activate their aromatic oils. Add fresh herbs at the last minute so they retain their fragrance and don't turn bitter as they cook. • Some delicate herbs (cilantro, dill, parsley) lose more of their punch when dried, so you may have to taste your dish and add a bit more.
ONION	**1 cup diced fresh onion = 1 Tbsp. onion powder = 3 Tbsp. granulated onion**	• Onion powder has a finer texture and a sweeter, mellower flavor than granulated onion, which has a sandy texture and retains more of onion's pungency. • Store onion powder in the fridge to prevent clumping.
GARLIC	**1 tsp. minced fresh garlic (1 clove) = ¼ tsp. garlic powder = ½ tsp. granulated garlic**	• Unlike onion, there isn't much flavor difference between powdered and granulated garlic. The powder is just more concentrated, so you need less. • Store garlic powder in the fridge to prevent clumping.

HOW DRYING SHIFTS FLAVORS

When herbs are dried, their texture changes and their aromatic properties become either more or less concentrated. Here's a quick rundown of the taste transformations.

HARDY HERBS (thyme, oregano, rosemary, marjoram, lavender, savory)

FRESH: Pungent and aromatic with woodsy and citrus notes and a hint of bitterness
DRIED: Less bitter; more subtle and robust

LEAFY HERBS (basil, mint, sage, tarragon)

FRESH: Super-fragrant, distinctive, and grassy
DRIED: Earthier and milder, with hints of oregano (basil and mint) or anise (sage and tarragon)

TENDER HERBS (cilantro, dill, parsley, chervil)

FRESH: Vibrant, green, and crisp yet mild
DRIED: Milder and slightly bitter if used in large quantities

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SPRING 2023

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GF = GLUTEN-FREE

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